Hafa Adai!

'Problematic provisions' in budget bill are vetoed. PAGE 2

Uncle Dave: You cannot go forward without looking back. PAGE 5

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DUE TO COVID-19 PANDEMIC

'Hyatt, DPL talks on hold'

FERDIE DE LA TORRE
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REPORTER

Negotiations between the Department of Public Lands and Hyatt Regency Saipan about the hotel's expiring public land lease has been put on hold for the moment due to the COVID-19 pandemic, according to Rep. Joel Castro Camacho (R-Saipan), who is vice chair of the House Committee on Natural Resources.

Camacho

See HYATT on Page 4

Man who threatened Torres is arrested anew

By KIMBERLY A. BAUTISTA
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REPORTER

The man who allegedly threatened to kill Gov. Ralph DLG Torres outside the Office of the Governor two weeks ago was arrested again for allegedly assaulting a police officer.

Pedro Ayuyu, who was released on bail for an ongoing case after threatening to kill the governor, was arrested again after allegedly punching an officer in the stomach on Sept. 30.

See MAN on Page 4

INSPECTING THE TINIAN HARBOR
Steel Worker 3rd Class Andrew Cuellar, right, and Builder 2nd Class Eli Arwood, partly hidden, both assigned to Underwater Construction Team 2 Construction Dive Detachment Alfa, inspect a buoy within the Tinian harbor. UCT 2 is conducting inspections as part of a maritime infrastructure assessment of the harbor and surrounding waterfront facilities on Tinian.
U.S. NAVY/MCS2 COLE C. PIELOP

CCC and CLC are frustrated with IPI

Deleon Guerrero

» CCC board chairman says they don't want to kill casino industry as retirees depend on it

FERDIE DE LA TORRE
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REPORTER

Both the Commonwealth Casino Commission and Commonwealth Lottery Commission are frustrated with Imperial Pacific International (CNMI) LLC for its delays in paying its employees and non-payment of services and financial obligations, among other issues, according to CCC board chair Edward Deleon Guerrero.

At the CCC monthly meeting last Wednesday at its office at the Springs Plaza in Gualo Rai, Deleon Guerrero said the CCC has been communicating with the Commonwealth Lottery Commission and that

See CCC on Page 4

Three more test positive in CNMI

By JUSTINE NAUTA
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REPORTER

Three more passengers that had just come from Guam tested positive upon arrival on Saipan last Oct. 1, raising the CNMI's total to 73.

According to a Commonwealth Healthcare Corp. statement, the three were identified through travel screening and were confirmed positive

See POSITIVE on Page 4

AT A GLANCE

As of 6pm, Oct. 4, 2020

GUAM	OLD	NEW	TOTAL
Positive	2,488	211	2,699
Recovered	1,822	65	1,887
Active	550	211	761
Deaths	49	3	52
Cumulative Number of Persons Tested			51,300

SAIPAN	OLD	NEW	TOTAL
Positive	70	3	73
Deaths	2	0	2
Cumulative Number of Persons Tested			19,345*

*Total count includes the number of persons tested on Saipan, Tinian, and Rota. With guidance from the Centers for Disease Control and Prevention, CHCC has opted not to report active and recovered cases. The community-based testing has been temporarily suspended.

Source: Joint Information Center – Guam, Commonwealth Health Care Corp.

COMMUNITY VULNERABILITY

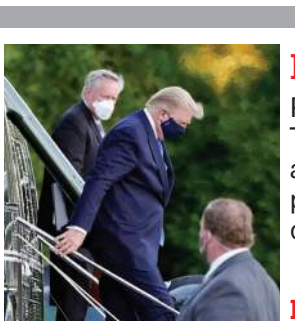
LEGEND:
- **Red:** Least safe
- Orange
- Yellow
- Blue
- **Green:** Safest

Source: Office of the Governor

INSIDE

BUSINESS
Jello & Cake Shop in Garapan lets you design your own cake, just the way you want it.

PAGE 11



NATION
President Donald Trump went through a "very concerning" period Friday, says his doctor.

PAGE 12

LIFE & STYLE
Chrissy Teigen said she and John Legend are in "deep pain" following her miscarriage.

PAGE 15

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Local

‘Problematic provisions’ in budget bill are vetoed

By FERDIE DE LA TORRE
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REPORTER

In signing the budget law for fiscal year 2021, Gov. Ralph DLG Torres line-item vetoed several provisions, including one that requires the Executive Branch to foot the utilities for Rota and Tinian and another that transfers $1.4 million in Commonwealth Worker fee to the Northern Marianas Technical Institute and Northern Marianas College.

Line-item vetoes, which refers to the power of the governor to nullify or cancel specific provisions of a budget appropriating bill without vetoing the entire legislative package, are usually subject to the possibility of legislative override.

In his letter to legislative leaders last Thursday, Torres said he signed budget bill into Public Law 21-35 but is compelled to address sections that are “problematic” in their implementation on their unfairness to other activities of the different branches.

Torres

“My comprehensive review, comments and explanation for my actions on the bill will be forthcoming in the next couple of days, including my reasoning for the line-item vetoed provisions,” the governor said.

One of the items that Torres vetoed would require the Executive Branch to pay for the utilities of Rota and Tinian in fiscal year 2021. Rep. Joseph Lee Pan Guerrero (R-Saipan) had earlier balked at that provision, saying he is bothered by that when the Commonwealth Utilities Corp. can disconnect the Commonwealth Healthcare Corp. on Saipan for failing to pay its bills. During the House’s emergency session early Thursday morning, Guerrero disclosed that the utilities issue was the biggest reason why he did not put his signature in the compromise budget version. He later voted for the passage of the budget bill, though.

» **Among vetoed items are payment of utilities to Rota, Tinian; transfer of $1.4M of CW funds to NMTI, NMC**

The other provision that Torres line-item vetoed was the CW Fund. The bill requires that, of the $1.1 million in CW Fund, $600,000 and $800,000 shall be transferred to the Northern Marianas Technical Institute and NMC, respectively, for their vocational educational curricula, apprenticeships, or other training programs.

The bill allows the transfer of CW Fund to NMTI, provided that $50,000 of the funds shall be reserved each for Rota’s and Tinian’s training programs. The bill would also allow the transfer of CW Fund to NMC provided that $50,000 of the funds allocated to NMC shall be used for the Nursing Program equipment and supplies.

Under the new budget law, the revenue and resources available for appropriation for government activities in fiscal year 2021 is $96,476,054 and $4,556,164 from the Department of Public Lands, for a grand total of $101,032,218.

A total of $4.74 million is appropriated to the Judiciary; $6.09 million to the Legislature; and $22.54 million for the Executive Branch.

The Department of Commerce is appropriated $1.03 million; Department of Community & Cultural Affairs, $988,476; Department of Corrections, $2.8 million; Department of Fire and Emergency Medical Services, $3.56 million; Department of Finance, $1 million; Department of Labor, $507,575; Department of Lands & Natural Resources, $850,996; Department of Public Safety, $4.94 million; and the Department of Public Works, $3.27 million.

Rota is appropriated $5.62 million; Tinian and Aguiguan, $5.56 million; and Saipan and Northern Islands mayors and Saipan Municipal Council, $2.08 million.

Boards and commissions are appropriated $1.02 million; independent programs, $18.81 million; and other programs that are transferred out to agencies, $29.48 million (including Public School System, $24.12 million and PSS board, $153,131).

Torres approved the grand total budget of $228.48 million to autonomous agencies: The Commonwealth Development Authority, Commonwealth Ports Authority, Commonwealth Utilities Corp., Northern Marianas Housing Corp., Office of the Public Auditor, Commonwealth Healthcare Corp., Commonwealth Casino Commission, and Marianas Visitors Authority.

A Motorcade Hosted by NMCADSV as part of Domestic Violence Awareness Month
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@EndViolenceNMI

New Caledonia votes whether or not to be independent from France

NOUMEA, New Caledonia (AP)—Voters in New Caledonia, a French archipelago in the South Pacific, were deciding Sunday whether they want independence from France in a referendum that marks a milestone in a three-decade decolonization effort.

More than 180,000 voters were invited to answer the question: “Do you want New Caledonia to gain full sovereignty and become independent?”

Polling stations opened at 8 a.m. (11 p.m. Saturday in mainland France; 2100 GMT) and will close 10 hours later. Results were expected later Sunday.

If voters choose independence, a transition period will immediately open so that the archipelago can get ready for its future status. Otherwise, New Caledonia will remain a French territory.

Two years ago, 56.4% of voters who participated in a similar referendum chose to keep ties with Paris instead of backing independence.

Both referendums are the final steps of a process that started 30 years ago after years of violence that pitched pro-independence Kanak activists against those willing to remain in France.

The archipelago now counts 270,000 inhabitants, including both native Kanaks, who once suffered from strict segregation policies, and descendants of European colonizers.

New Caledonia became French in 1853 under Emperor Napoleon III—Napoleon’s nephew and heir—and was used for decades as a prison colony. It became an overseas territory after World War II, with French citizenship granted to all Kanaks in 1957. Under French colonial rule, the Kanaks faced strict segregation policies and widespread discrimination.

NMC Tinian lot eyed for vet cemetery

By JUSTINE NAUTA
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REPORTER

The Tinian Mayor's Office is planning to turn its Tinian Veterans' Cemetery lot into a new civic center and is looking at relocating the cemetery to over 5,000 square meters of the Northern Marianas College Tinian campus.

Toward this end, the Tinian leadership has asked NMC for the property where the new veterans' cemetery will be relocated, which is near the public cemetery in San Jose.

Patricia Coleman, interim dean of the Cooperative Research, Extension, and Education Services, told the NMC Board of Regents at its meeting last Sept. 29 that the amount of land needed for the veterans' cemetery would be approximately 5,000 square meters and covers a parcel of land that has already been designated to NMC and that is within the area that constitutes the CREES experiment station. She said the Tinian leadership is in the process of building a new civic center where the veterans' cemetery is currently located.

Coleman added that the plans for the area that the Tinian leadership is asking for include pineapple and taro tissue culture plots and an aquaculture research and development site. She asked the board to consider alternate sites on Tinian in exchange for the property being requested. Additionally, NMC-CREES requested if the mayor's office would consider reducing the size of the veteran's cemetery relocation plan.

NMC interim president Frankie Eliptico pointed out that, while NMC supports the Tinian leadership's plan, they have made investments in that property using federal funds. He added that the viability of future grants and programs may be affected if the college is asked to reduce the property it manages.

NMC-CREES and the Commonwealth Development Authority are currently working with the Tinian leadership to enhance the beef industry on the island and to obtain USDA certification for the Tinian slaughterhouse.

One of two men charged with taking endangered sea turtle pleads guilty

One of two men facing charges in the U.S. District Court for the NMI for allegedly illegally trying to take a green sea turtle has pleaded guilty.

Russel Rekemel Solomon was sentenced last week to 24-month probation after pleading guilty to taking an endangered sea turtle.

District Court for the NMI Chief Judge Ramona V. Manglona ordered Solomon to pay immediately a $25 special assessment fee.

Solomon was also ordered to pay $1,000 within 24 months.

Solomon and his co-defendant in the case were charged with conspiracy to unlawfully take an endangered species.

According to *Saipan Tribune* archives, Solomon and co-defendant Jose Machutaro Ichiro Sablan dragged the green sea turtle by a rope tied around its shell across Tank Beach in Kagman on June 7, 2020.

The charge included a notice of forfeiture to the U.S. government of the materials used for taking or selling of the endangered species. The notice listed two cell phones.

Both defendants appeared before Manglona last Aug. 21 and initially pleaded not guilty. Manglona then set the jury trial for Oct. 27, 2020 at 10am. The judge ordered Solomon and Sablan to be released on their own recognizance with certain conditions.

David Banes was appointed to represent Solomon, while Sablan is represented by Steven Pixley. Assistant U.S. attorney Garth Backe represented the federal government. ***(Kimberly A. Bautista)***

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1 of 2 men accused of The Shack burglary is released

One of two men who were arrested and charged with alleged burglary of The Shack has been released to a third-party custodian.

Last Thursday, Superior Court Associate Judge Kenneth Govendo granted the request of Manex Nimwes to be released to his mother. As part of the bail modification order, Govendo authorized the Department of Public Safety to conduct random house checks on Nimwes.

Govendo also imposed a curfew on Nimwes from 6am to 6pm and he must have no contact with his co-defendant, Dionicio Jr. Angui Ray.

The court also lowered the previously imposed $20,000 cash bail on Nimwes to just $5,000. Nimwes was allowed to post just 10% of the modified bail.

Ray has already been released to a third-party custodian prior to Nimwes' release.

Nimwes and Ray were charged with burglary and theft.

According to court documents, DPS received a call at 7:21am on Sept. 12, regarding a burglary at The Shack in San Jose. At the scene, police met with the caller, the establishment's owner, who said that his business partner entered the establishment at 7:30am and found that a window had been shattered and items were missing, including 30 black The Shack T-shirts, a OnePlus android cellphone, and $350 cash.

The caller told police that, after reviewing surveillance footage, he saw an individual wearing a hoody, mask, and cap enter the establishment, go behind the register, and take the cellphone with him. The caller also told police he tracked the phone via Family Tracker app and found it at a residence along Ellegh Avenue.

On Sept. 14 at about 12pm, police were at the Friendly Market in Oleai where they saw a man wearing a new black The Shack T-shirt leave the store and get on a blue Yaris. Police followed the man to a San Jose motel and saw him and a female exit the vehicle. The woman was also wearing a brand-new The Shack T-shirt.

After talking with the two, police learned that one of the defendants, Ray, was the woman's son and he brought a stack of The Shack T-shirts to their home on Sept. 12 and gave them one.

On Sept. 15, police met with Ray at 10:50am at the San Jose Motel and invited him to the police station for questioning. During the interview, Ray told police that he and his co-defendant, Nimwes, were drinking on Sept. 11, and Nimwes asked him to follow him to a nearby store to buy cigarettes.

The two walked to Oleai store but it was closed so they decided to walk toward the former Oleai Mobil Station where they crossed the street and headed north. When they reached the front of The Shack, Nimwes allegedly told Ray to wait because he had to pee, so Ray said he waited by the sidewalk while Nimwes headed for The Shack.

Later, Ray said, he heard the window of the establishment shatter so he ran across the street toward Downtown Market but he could hear Nimwes calling out to him but he said he was scared. Later, Ray said, Nimwes met up with him at Downtown carrying a bunch of shirts, a cellphone, and cash. Ray said Nimwes gave him some shirts, the cellphone, and $40.

However, in a follow-up interview, Ray admitted that at around 2am on Sept. 12, Nimwes told Ray to follow him to rob the bar next to Downtown and he obliged. However, at the bar, Nimwes was unable to steal anything so the two crossed the street toward The Shack.

At The Shack, Ray said Nimwes punched a window twice, shattering it. Nimwes then entered the establishment and came back bringing T-shirts and a cellphone and an envelope full of money.

Nimwes did not give a statement. ***(Kimberly A. Bautista)***

MAN

From Page 1

Ayuyu was arrested two weeks ago for disturbing the peace at the Office of the Governor but was later released to his brother who served as his third-party custodian.

At the bail hearing last Thursday, Ayuyu's counsel, assistant public defender Vena Seelam, asked the court to release the defendant to his third-party custodian but Superior Court Associate Judge Kenneth Govendo denied the request and remanded Ayuyu to the Department of Corrections.

Govendo also maintained the $10,000 cash bail and ordered Ayuyu to return to court on Oct. 8 at 1:30pm for a preliminary hearing.

The government, through assistant attorney general Heather Barcinas, argued that Ayuyu's third-party custodian is not suitable for Ayuyu as he allowed the defendant to leave their home. She added that she would file a motion to disqualify Ayuyu's brother as third-party custodian.

According to court documents, a Department of Public Safety detective saw Ayuyu seated in the driver's side of a parked vehicle throwing out two empty beer cans.

The detective instructed a police officer not to allow Ayuyu to drive the vehicle while he went to look for his third-party custodian because he appeared to be under the influence of alcohol.

The police officer asked Ayuyu if he had a family member who could drive him home but Ayuyu replied in an aggressive manner and said that he did not need anyone to drive for him.

Ayuyu then cussed at the officer and when he told Ayuyu to calm down, Ayuyu replied, "Don't tell me what to do!"

The officer tried to move away from Ayuyu but he noticed that Ayuyu reached out for the car key and placed it in the ignition.

The officer then asked Ayuyu to turn his car off and told him that he was not under arrest and could leave anytime, but he could not operate his vehicle.

He said Ayuyu replied with profanities before aggressively opening his driver's door and attempted to use the door to hit the officer. Ayuyu also allegedly pushed the officer three times and punched him in the stomach.

The officer then pepper sprayed Ayuyu and placed him under arrest. Ayuyu was charged with assault and battery.

CCC

From Page 1

they, too, are frustrated with IPI.

Deleon Guerrero said they don't want to kill the casino industry as the CNMI's retirees depend on it. "But for goodness sake…reach out to those making the decisions, they need to know. This is not a game!" he told IPI senior vice president of Public Affairs Tao Xing.

As of yesterday noon, *Saipan Tribune* learned that IPI has yet to pay the $3 million regulatory fee it owes CCC, which was due last Oct. 1. This is on top of the $15.5 million annual casino license fee that IPI also failed to pay on the due date last Aug. 12, representing Year 6 of the casino license agreement. IPI chief executive officer Donald Browne had asked Gov. Ralph DLG Torres that IPI be allowed to pay in 2029 the $15.5 million casino license fee it owes this year.

At Wednesday's meeting, IPI finance director Frances Mafnas said they are still working with management on resolving issues with Payroll 20, which covers pay period Sept. 7 to 20. Mafnas is hoping that that payroll issue would be resolved early this week.

To Deleon Guerrero's question as to which management she is referring to, Mafnas said that Browne and Xing are working with their Hong Kong office and are close on getting the funding for the payroll. "As soon as we confirm the funding, we will release the payroll," Mafnas said.

When asked why Mafnas is consulting with Browne and Xing, who both have no knowledge about IPI's financial funding, Mafnas said she communicates with Browne and Xing, and the two officials in turn communicate with their parent company in Hong Kong.

Deleon Guerrero questioned how IPI director Zheng Dong Ting and Browne make decisions on financial matters when they have no knowledge about IPI's financial situation or who's providing the funding. Xing reiterated that they are working with their Hong Kong office about the funding.

Deleon Guerrero said IPI seems to have forgotten CCC's order that requires the IPI's board in Hong Kong to appoint a CEO and empower that CEO to make decisions on Saipan.

"How can you make decisions when you have no idea where the money comes from?" Deleon Guerrero asked.

Despite Xing saying that they know where the money is coming from, Deleon Guerrero said that Xing, Browne, and Mafnas are sitting helplessly here, waiting for some entity in Hong Kong.

The chairman pointed out that somebody here that is appointed and empowered as the CEO must make decisions and understand where IPI is financially.

"Otherwise, if you don't have the knowledge, are you [going to] obligate IPI to pay half of the $50 million before the Lottery Commission when your words are hollow?" Deleon Guerrero asked.

Deleon Guerrero said he is frustrated because he believes that Mafnas should not be put in a position where she has to tell the parent company in Hong Kong to honor its obligations.

He said they just want to make sure as part of their regulatory function that IPI, the casino licensee, is financially stable. "We have an obligation to make sure that you are, that we monitor and then you maintain financial stability," the chairman added.

About 40 former employees of IPI held a peaceful protest against IPI in front of the CCC office last Wednesday for allegedly not paying the three-fourths that is guaranteed in their contract and other issues.

HYATT

From Page 1

Camacho disclosed this in an interview over the weekend, saying the House Committee on Natural Resources and the Senate Resources Economic Development and Program recently held a joint public hearing to know the status of the lease agreement negotiations.

Among those called to the public hearing were DPL Secretary Marianne Concepcion-Teregeyo and some Hyatt representatives.

"I believe they are still in negotiation right now. One of the factors why it's been put on the back burner for the meantime is because of the pandemic," he said.

This is on top of the Super Typhoon Yutu disaster that also slowed down the talks. Camacho said a lot of the discussions were put on hold.

"Going forward, we don't know yet as to what the agreement is going to be," Camacho said. He hopes that the CNMI economy could soon reopens because, as it is right now, it's unrealistic to be discussing any lease agreement with this current economic situation.

Camacho supports keeping the Hyatt brand on Saipan. He believes that having the international hotel in the CNMI is beneficial to the economy. At the same time, DPL has a fiduciary duty and responsibility to maximize the land value for all lands in the CNMI, he added.

"So as long as they can come to a consensus, I will support [that]. Yes, I would love to see Hyatt continue [its] lease under the right terms and conditions," Camacho said.

Hyatt's 40-year public land lease will expire in December 2021. The land lease of an adjacent hotel, the Fiesta Resort & Spa Saipan, is supposed to expire in June 2021 but it just got a new 40-year lease.

This comes amid the recent enactment of Public Law 20-84, which increases the terms of public land leases of up to 40 years, plus an extension of 15 years, for a total of 55 years. It also authorizes certain public land leases to be amended and extend existing lease terms up to 55 years.

The law gives DPL the authority to negotiate new public land leases to certain existing lessees under new terms and considerations even without publishing a request for proposal.

Under this new law, Hyatt and Fiesta could be allowed to operate up to 2076.

POSITIVE

From Page 1

through testing upon arrival. They have all been brought to the Kanoa Resort quarantined site in Susupe, where they will be closely monitored.

The mandatory contact tracing that CHCC conducts once someone tests positive has already begun. CHCC did the initial contact tracing for the most immediate contacts, including passengers on the same flight.

According to the chart CHCC provided, as of Oct. 1, four people are currently in isolation. Of the 73 confirmed cases, 47 are travel related (27 are from the U.S. mainland, 10 are from a U.S. territory, and 10 are from a foreign country). Of the 73 confirmed cases, 26 are from community screening; 10 are from the community-based testing or testing at CHCC, and 16 are from contact tracing.

COVID-19 in Guam

Three more COVID-19-related deaths this weekend in Guam, raising the island's total to 52.

Guam logged its 50th COVID-19-related fatality last Oct. 2, a 72-year-old female with underlying health conditions that were complicated by COVID-19. According to the Joint Information Center in Guam, the 72-year-old female was admitted to the Guam Memorial Hospital last Sept. 16 and was a known positive case.

The 72-year-old female passed away last Oct. 1 at approximately 7:50 pm, JIC said.

Guam's 51st COVID-19-related fatality also happened at GMH, a 90-year-old female whose health conditions were also severely impacted by COVID-19. She was a known positive case and was pronounced dead on arrival at approximately 4:55pm.

Guam's 52nd COVID-19-related fatality occurred at the Guam Memorial Hospital at approximately 1:30pm yesterday. The patient was a 66-year-old female with underlying health conditions that were compounded by COVID-19. She was pronounced dead on arrival at GMH. The patient was swabbed upon arrival and her test yielded a positive result.

Guam Gov. Lou Leon Guerrero conveyed that it is never easy announcing a COVID-19-related fatality, especially a member of their community.

"These are our people, and for many, they died alone without the comfort of the family beside them. [First gentleman] Jeff [Cook], Lt. Gov. Josh [Tenorio], and I send our deepest condolences and sympathies to her family and friends," said Leon Guerrero.

Leon Guerrero stressed that the virus doesn't discriminate, and no one is truly safe, or immune, from its chokehold, which is why it is vital for everyone to remain vigilant and "do whatever is necessary to keep each other safe."

Uncle Dave: You cannot go forward without looking back

SPOTLIGHT

The Yeh-Yeh series shares rich stories and oral traditions of Saipan. The name is inspired by Refaluwasch elder Lino Olapai's childhood memory of being told to say "yehyeh" as the elders told stories. Once it was quiet, the elders knew the children were asleep.

LINDSAY NASH

"You cannot go forward without looking back," says David Sablan Sr.

Yeh-Yeh

By LINDSAY NASH

Special to the Saipan Tribune

Lindsay Nash is a writer and photographer who lives on Saipan. She is a member of the Marianas Writers' Movement and is currently writing a novel about 20th century Saipan. Email her at lindsayinsaipan@gmail.com.

Look to the soil.

So says distinguished Saipan businessman David Sablan Sr. as he brainstorms ideas on how to rescue Saipan's economy during these troubled times.

Sitting at a table at the Terrace Cafe of the Fiesta Resort and Spa Saipan, Sablan wears a tan Hawaiian shirt, a gold Rotary Club pin shining on his lapel. At age 88, he is as sharp as the ballpoint pen clipped to his front pocket.

"We should go back to the soil and let the government help those who would like to go back to agriculture," says Sablan, who has fond memories of his own family farm that held acres of ates, sweet sop, that filled his belly on long weekends.

Uncle Dave, as he's warmly known, frequently pauses mid-story to address anyone who walks past. He knows everyone. This was, after all, his hotel.

"Hey there, sir!" He calls and waves to a chef who walks past. Uncle Dave's smile is magnanimous across his face.

David Sablan Sr., known as "Uncle Dave," shares his stories from the past and ideas for the future. LINDSAY NASH

"I've always been outwardly," he says, before hopping back into the re-hashing of his storied life—a remarkable chronicle of business and development accolades across Micronesia.

Sablan can easily be credited for a huge swath of Saipan's economic development, which includes 28 years as the head of the island's Atkins Kroll branch, his work as the chairman of the Marianas Tourist Authority, his founding of Tasi Tours and his business acumen that helped usher in this exact hotel where he now sits as part of the route war between Continental and Pan-Am Airlines.

Sablan can name every person who helped him along the way, starting with his father, Elias P. Sablan, the first elected mayor of Saipan, and continuing down a long list of people who gave him room and board, provided a chance to learn something new, or ushered him along to the next opportunity.

"I knew nothing about nothing," Sablan says, laughing as he remembers leaving Saipan for the first time for Guam at age 15—when his father "kicked him off the island" to get an education.

"I slept on a piece of plywood on a kitchen floor," he said of his first years in Guam.

At another homestay, while he attended high school, he had to wake up at 4am to collect coconuts and feed the pigs. "When the others awoke, it was my job to go to all the rooms and empty the bedpans. I was able to subsist this way."

He went from one opportunity to the next, learning what he could, doing what he could.

Sablan graduated from George Washington High School, got married, and entered the world of Atkins Kroll in Guam, the oldest American company on island that had sold Micronesian copra to the world market since before the war.

Every opportunity was another chance for this part-Carolinian, part-Chamorro boy who once slept on a kitchen floor to transform the islands into an economic center that could sustain itself, provide for its people and share its resources with the world.

And now, retired but very much in tune to the island's economy, Sablan brainstorms around the idea for the government to provide farmers with funds to once again cultivate the land.

He remembers when this exact thing happened in the 1950s, when the Navy cleared the tangan-tangan trees for any farmer who wanted to cultivate their land, and the food production was sold to commissaries in Guam. He had helped his father with the original agricultural program.

"You cannot keep going forward without looking back," Sablan says.

"My advice would be to go back and look at what it was before and what you, as a new generation, can duplicate or make changes to, so the economic situation will change," Sablan said. "We must cooperate with each other as much as possible, utilize the knowledge that we have so we can move forward economically, educationally, so we can live happily together."

Detecting a leak: There are THREE ways to detect a gas leak (smell is the most common):

SMELL — To help you SMELL a gas leak, a familiar odor like rotten eggs is added to both natural gas and propane.
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HEAR — A leaking pipeline, appliance, storage tank or cylinder (propane only) might make a hissing sound you can HEAR.

If you ever suspect a gas leak, leave the area immediately. (Do not touch or use anything electric on your way out—not even a light switch or telephone.)
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REQUEST FOR QUALIFICATIONS (RFQ)
(This is ad is paid for NMHC with HUD funds)

NMHC RFQ 2020-013

SUBMISSION DATE & TIME: October 28, 2020, 10:00 a.m.

ARCHITECTURAL & ENGINEERING FIRMS

RFQ packets will be available on September 28, 2020, at the NMHC website at www.nmhcgov.net by clicking on the "Procurement Tab".

The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A Mandatory meeting will be held via video teleconferencing on October 13, 2020, at 10:00 a.m. through Zoom Video Communications. Bidders will be provided the video teleconferencing link on the NMHC website at www.nmhcgov.net. Firms are requested to submit a notice of their intent to participate in the mandatory meeting one (1) day before the meeting via email at officemanager@nmhcgov.net.

For more information, contact Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or email at officemanager@nmhcgov.net during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/
Jesse S. Palacios
Corporate Director

/s/
Vinney Atalig-Hocog
Chairman,
NMHC Board of Directors

NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514

INVITATION FOR BIDS (IFB)
(This is ad is paid for NMHC with HUD funds)

NMHC IFB 2020-014

BID SUBMISSION DATE & TIME: October 29, 2020, 10:00 a.m.

Information Technology Services

Project package will be available on September 28, 2020, at the NMHC website at www.nmhcgov.net by clicking on the "Procurement Tab".

The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A Mandatory Pre-Bid conference will be held via video teleconferencing on October 08, 2020, at 10:00 a.m. through Zoom Video Communications. Bidders will be provided the video teleconferencing link on the NMHC website at www.nmhcgov.net. We request from bidders to submit a notice via email at officemanager@nmhcgov.net of their intent to participate in the mandatory pre-bid conference at least one (1) day before the conference. Failure to attend the Mandatory pre-bid conference will be considered a non-responsive bidder.

For more information, contact Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or email at officemanager@nmhcgov.net during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/
Jesse S. Palacios
Corporate Director

/s/
Vinney Atalig-Hocog
Chairman,
NMHC Board of Directors

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ON PAYMENT FROM IPI ASSETS

Court OKs settlement between Pacific Rim, NMI

By KIMBERLY A. BAUTISTA
kimberly_bautista@saipantribune.com
REPORTER

The U.S. District Court for the NMI has approved the settlement agreement between Pacific Rim Land and Development LLC and the Department of Finance's Division of Revenue and Taxation regarding payment from Imperial Pacific International (CNMI) LLC's assets.

District Court for the NMI Chief Judge Ramona V. Manglona issued the order granting the settlement between Finance-DRT and Pacific Rim to share IPI's net proceeds from their seized assets and monies.

Originally, Finance-DRT, through the Office of the Attorney General, wanted their notice of tax lien against IPI in the amount of over $9 million to take precedence over the claims of Pacific Rim. Now, both parties have agreed to share IPI's assets or proceeds from the sale of the assets.

In the stipulation, in regards to the currency in IPI's casino cage, Manglona said Pacific Rim shall retain 25% of the net proceeds after permitted deductions and pay Finance-DRT 75% of the net proceeds after permitted deductions.

The stipulation also mentioned that the court granted a writ of execution in favor of Pacific Rim against certain funds held by Security Title as escrow agent.

In regards to the escrow funds, Pacific Rim shall retain 80% of the net proceeds after permitted deductions and pay Finance-DRT 20% of the net proceeds after permitted deductions.

As for other IPI assets, the judge said that the distribution of net proceeds from other IPI assets shall be in a proportion to bring the parties to equal shares of total net proceeds.

However, unless the escrow funds are not released to Pacific Rim prior to the sale of other IPI assets, Finance-DRT shall receive one-third of the net proceeds from the sale of any other IPI assets until the parties have received equal distributions, at which point the parties will split further net proceeds equally.

Pacific Rim sued IPI for breach of contract for refusing to pay for services in the amount of $5.65 million. On April 27, 2020, the District Court for the NMI entered a judgment in favor of Pacific Rim.

On May 2, 2020, the court entered an amended civil judgment in favor of Pacific Rim in the amount of $6.8 million, including the principal amount and attorney's fees and costs.

Pacific Rim attorney Colin Thompson said the judgment remains unsatisfied in the amount of $5,525,463.98 plus interest, costs, and fees that have yet to be addressed.

Mask up, Marianas

With the flu season coming to full swing, 2019 Miss Marianas Shannon Sasasmoto reminds our community to continue to wear masks in public and follow social guidelines to help slow the spread of the coronavirus.

As a volunteer for the "The Guardian Mask Project," initiated by the Office of House Representative Sheila Babauta in April, Sasamoto sewed over 200 masks and donated to the initiative.

The young queen also practices the proper social guidelines and wears masks that cover both nose and mouth when out in the public to ensure her safety and the safety of others.

"We must not let our guard down by continuing to adjust to this temporary norm of life.

2019 Miss Marianas Shannon Sasamoto reminds our community during this flu season to continue to keep safe from Co-Vid 19 by wearing masks, washing hands and practice social distancing.

CONTRIBUTED PHOTO

Our vigilance and cooperation continue to be important as we all work toward recovery, especially that possible infection spikes are being expected during flu season," said Sasamoto. "It is our social and moral responsibility to use masks as well as properly wear them, frequently wash our hands, and practice social distancing to protect ourselves and those around us."

For more information on COVID-19 updates and restrictions, contact the Office of the Governor's COVID Task Force hotline at 287-0046, email them at covid-19@gov.mp or visit their website at https://governor.gov.mp/covid-19/. ***(PR)***

CNMI DOL PUA Program announces change of operations

The CNMI Department of Labor will temporarily suspend the in-person appointments it has established for the PUA program at CNMI DOL building 1334, starting Oct. 15, 2020, to Nov. 30, 2020.

The suspension is necessary for the department to proceed with claims adjudication for PUA applicants whose applications have not been processed due to errors or incomplete information; to audit overpayments; conduct appeals; and for fraud detection purposes.

All PUA claimants who have pre-registered for appointments prior to the change in operations will be allowed to walk in for their scheduled appointments only up to Oct. 14, 2020.

The department is still accepting initial applications and weekly claims certification submissions via online (hiremarianas.com) or at DOL building 1334 and will consider in-person appointments depending on the nature of the request.

Due to the change in PUA operations, the department has revamped its email and Call Center operations. All individuals with PUA claims inquiries are encouraged to email info@puamarianas.com or call the following numbers for inquiries on their claims (hours of operation Monday-Friday, 8am to 4pm, except on local or federal holidays): 322-8870, 322-8871, 322-8872, 322-8873, 322-8874, 322-8876, 322-8877, 322-8878, 322-8879, 322-8890, 989-9190, 989-9192, 989-9193, 989-9194.

Additional DOL telephone lines:

- Administrative Services 664-3196/322-9947
- Division of Employment Services 323-9994/9995
- Enforcement 322-9940/9941
- Benefits Payments Control Unit 322-9943/9944
- PUA Fraud Hotline 989-9095
- Administrative Hearing Office 664-3290/3291
- OSHA 664-3156/3157
- WIA 664-1708/1709

As of September, the Pandemic Unemployment Assistance and Federal Pandemic Unemployment programs have nearly 6,000 PUA applicants and disbursed more than $80 million in benefits.

The department is reminding PUA applicants that they should continue to apply for the PUA program each week, only if they are still unemployed, furloughed, or have reduced working hours due to the economic impact of COVID-19.

For more information, contact the PUA Call Center at the numbers listed or send an email to info@puamarianas.com. ***(PR)***

COMMONWEALTH PORTS AUTHORITY

Main Office: SAIPAN INTERNATIONAL AIRPORT, 2ND Floor Arrival Bldg.
PO BOX 501055 SAIPAN MP 96950
Phone: (1-670) 237-6500/1 Fax: (1-670) 234-5962
E-Mail Address: cpa.admin@pticom.com
Website: www.cpa.gov.mp

NOTICE OF INVITATION FOR BID
ADVERTISING CONCESSION AT THE TINIAN INTERNATIONAL AIRPORT

Project No.: CPA-IFB-003-20
CPA Concession No.: TAD-2020-01–02

Notice is hereby given that the Commonwealth Ports Authority (the "CPA") is accepting sealed bids, subject to the terms and conditions of the Invitation for Bid (the "IFB"), and other contract provisions, for bids from firms, companies, and/or corporations for Advertising Opportunities at the Tinian International Airport.

The IFB will be issued and available for pick-up beginning September 16, 2020, from 8:00 a.m. to 5:00 p.m., Monday to Thursday, at the Administration Office, 2nd Floor, Arrival Building, Saipan International Airport. CPA offices are closed every Friday for austerity reasons and also on holidays. The IFB includes layouts and requirements. All responses to this IFB shall also take into account any and/or all costs that will be charged to the bidder awarded the contract for the project. Prospective bidders will be required to pay an administrative fee of $100.00 for costs associated with handling and consideration of the bid.

Questions and/or clarification concerning this project shall be in writing and sent to the attention of the Executive Director through email at cpa.admin@pticom.com with copy to Joy Ann DeLeon Guerrero at joydlg@cpa.gov.mp no later than September 30, 2020.

All bids shall be sealed and marked on the cover package outside as follows: **"INVITATION FOR BID SUBMISSION: CONFIDENTIAL, ADVERTISING OPPORTUNITIES, COMMONWEALTH PORTS AUTHORITY CPA-IFB-003-20."** One (1) original and two (2) copies of the bid must be submitted no later than 2:00 p.m. Chamorro Standard Time, October 20, 2020, to the Authority Administration Section, Office of the Executive Director, 2nd Floor, Arrival Building, Saipan International Airport.

Bids will be opened on October 20, 2020, at 3:00p.m. at the Conference Room, 2nd Floor, Departure Building, Saipan International Airport. Bids are not required to include a prepaid minimum concession fee. The concessions are for the right to advertise at certain designated locations within the Tinian International Airport for a period of two (2) years and requires the concessionaire to operate such concession to the satisfaction of the Commonwealth Ports Authority.

The Commonwealth Ports Authority reserves the right to reject any or all bids for any reason, if in its sole opinion to do so, would be in CPA's best interest. CPA further reserves the right to waive any defects in said bids if in its sole opinion to do so would be in CPA's best interest. All bids shall become property of the Commonwealth Ports Authority.

FOR THE COMMONWEALTH PORTS AUTHORITY

CHRISTOPHER S. TENORIO
Executive Director

COMMUNITY BRIEFS

Jury selection today is cancelled

This is to inform all prospective jurors on panel "17GS" that the jury selection scheduled for today, Oct. 5, 2020, at 8:30am and 12:30pm is hereby cancelled until further notice. For further information, contact Clerk of Court Patrick Diaz at Superior Court at 235-4258. ***(PR)***

OVR Counseling Office temporary hours

The Office of Vocational Rehabilitation would like to inform the public of the Counseling Office's temporary hours. Beginning today, Oct. 5, 2020, to Friday, Oct. 16, 2020, operational hours will be from 7:30am to 11:30am. The afternoon will be dedicated to back-logging all active consumer cases. Additionally, beginning Monday, Oct. 19, 2020, to Friday, Oct. 23, 2020, the Counseling Office will be closed to complete all back-logging and updating of cases. Normal operations will resume on Monday, Oct. 26, 2020. For concerns or matters that require immediate attention, please call (670) 287-6609. ***(PR)***

5.2-magnitude earthquake on Pagan

At 9:3am on Oct. 3, 2020, a report of a 5.2-magnitude earthquake occurred at 18.770°N 145.943°E in the Pagan region, Northern Mariana Islands. Currently, there are no tsunami warnings or advisories issued by the Pacific Tsunami Warning Center. For more information, contact the CNMI EOC State Warning Point at 670-237-8000. ***(PR)***

Scheduled power interruption on Wednesday

There will be a scheduled power interruption on Wednesday, Oct. 7, 2020, from 9am to 1pm for portions of Gualo Rai. This will affect Pacific Air & Tan Ji Chinese Restaurant Building, Grand Laundry & National Collection Agency Building, and Lihn Store.

The outage is intended to de-energize utility lines so that Commonwealth Utilities Corp. linemen can safely replace a rotted primary power pole along with three transformers on Chalan Pale Arnold Road in front of Grand Laundry in Gualo Rai.

Because of the scale of work that will be performed, CUC asks travelers to take alternate routes or to exercise caution when driving through the working area.

For more information, contact the CUC hotline (236-4333) or monitor our Facebook page for the latest updates (https://www.facebook.com/CommonwealthUtilitiesCorporation/). ***(PR)***

E-Land signs up to adopt Paupau Beach Park

CONTRIBUTED PHOTO

Representatives of E-Land, led by E-Land/Micronesia Resort Inc. chief finance officer TK Cho, seated left, join Governor's Council of Economic Advisers co-chairs Gov. Ralph DLG Torres, seated center, and Jerry Tan for a group photo after formalizing their company's commitment to GCEA's Public Private Partnership initiative a few months ago.

The E-Land Group has stepped up to work and support the Governor's Council of Economic Advisers' destination enhancement initiative by pledging to adopt the Paupau Beach Park under the council's Public Private Partnership program.

This move makes the E-Land Group, which operates the Kensington Hotel Saipan, Pacific Islands Club Saipan, and Coral Ocean Golf Resort, among the first private companies to reaffirm its continued and deeper commitment to the CNMI.

» Company reaffirms deeper commitment to the CNMI

The council's Public Private Partnership program or PPP, encourages businesses to help in the maintenance and development of parks, landmarks, and tourist sites on Saipan, Rota, and Tinian. In the case of E-Land Group, it has chosen to adopt the Paupau Beach Park.

"Paupau Beach Park is one of the most beloved and widely visited beach sites on Saipan and E-Land has been taking care of it for visitors and residence's safety and convenience since 2016. We aspire to cultivate it into a more welcoming, peaceful, pleasant, and family-friendly place," E-Land/Micronesia Resort Inc. chief executive officer Brian Shin said after his company submitted its project proposal for the continued improvement of Paupau Beach Park.

E-Land will be working on rehabilitating the public restrooms at the park and collaborating with government agencies and other groups in creating waste management plans, including holding regular cleanup drives and launching information campaign on efficient garbage disposal. These two key projects will allow more people, both residents and tourists, to visit the park and protect the site from deterioration. E-Land said they are also looking into preventing debris from flowing into the ocean for future generations to enjoy the beauty of the islands and to protect marine life.

CONTRIBUTED PHOTO

E-Land employees and officials participate in cleanup drives and perform maintenance work at the Paupau Beach Park.

Site inspection has been conducted at the public restrooms and target date for completion of the rehabilitation project is later this year, while E-Land is looking at implementing its waste management plan beginning in 2021.

For 2022, E-Land is considering using spaces for recreational and educational activities that promote a healthy lifestyle and advocate for environmental protection. The company is proposing to build a volleyball court in place of the makeshift court at Paupau Beach Park and turn a ruined structure into a garden and an idle land into an outdoor workout space.

E-Land is counting on its employees and officials, private and public partners, and visitors of the Paupau Beach Park to help realize the company's goals for the San Roque site, as part of the PPP vision: "Together, we can." ***(PR)***

Commonwealth Utilities Corporation
Office of the Executive Director

INVITATION FOR BIDS
CUC-IFB-20-029

TINIAN MAUI WELL II REHABILITATION PROJECT
(W17-054)

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the Tinian Maui Well II Rehabilitation Project in Tinian, Commonwealth of the Northern Mariana Islands. The project consists, in general installation of a new pump control panel, variable frequency drive (VFD), flow meter, installation of gate valve assembly, pressure gauges, air relief valve, check valves, interior/exterior painting of the facility and other related work. The work shall be done in accordance with the Project Plans and Specifications and without disruption to the daily operation of the water system.

This project is funded by a grant from the United States of Environmental Protection Agency (USEPA). The award of this project is contingent upon receipt of the approval for project award from USEPA.

CUC requires the Project to be completed in **240 calendar days** from date of award of contract.

Prospective Bidders for this IFB must pre-register with the CUC Procurement & Supply Division. The Bid Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $200.00 (non-refundable) for one IFB package set.

A Pre-Bid Conference followed by a Site Visit is scheduled on **September 24, 2020 at 10:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No.17, Joeten Dandan Commercial Building.

One (1) original and Five (5) hard copies must be submitted in a sealed envelope marked **"CUC-IFB-20-029, *Tinian Maui Well II Rehabilitation Project"***, to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on October 22, 2020**, at which time they will be publicly opened and read aloud. Late submissions and conditional bids will not be considered. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement the form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. **Late submissions and conditional bids will not be considered.**

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract.

A *Bid Guarantee* of fifteen (15%) percent of the total bid price must accompany the bids. The bid guarantee may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the United States, Secretary of Treasury as an acceptable surety. A *Payment Bond* of one hundred (100%) percent and a *Performance Bond* of one hundred (100%) percent of the total bid price will be required upon the execution of the contract by the successful bidders. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). **Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.**

All bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

All questions or request for clarification regarding this project must be submitted in writing no later than **10:00 AM (ChST) on September 30, 2020** to Mr. Manny B. Sablan, CUC Purchasing Administrator, via email – manny.sablan@cucgov.org with a copy to Mr. Joel Puyat, CUC Water/Wastewater Engineer – via email joel.puyat@cucgov.org and Ms. Marcela Tenorio, Procurement & Supply, Purchasing Technician – via email marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all bids and waive any imperfection in the bid proposal in the best interest of the government. All bids shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY BOYER SABLAN
Purchasing Administrator

Commonwealth Utilities Corporation
Office of the Executive Director

INVITATION FOR BIDS
CUC-IFB-20-030

INSTALLATION OF GRANULAR ACTIVATED CARBON (GAC) FILTER FOR TEN (10) WELLS
(W19-072)

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the Installation of Granular Activated Carbon (GAC) Filter for Ten (10) Wells in Saipan, Commonwealth of the Northern Mariana Islands. The project consists, in general installation of a new GAC filter, strainer, flow meter, installation of gate valve assembly, pressure gauges, air relief valve, pressure release valves, concrete pad and other related work. The work shall be done in accordance with the Project Plans and Specifications and without disruption to the daily operation of the water system.

This project is funded by a grant from the United States Environmental Protection Agency (USEPA). The award of this project is contingent upon receipt of the approval for project award from USEPA.

CUC requires the Project to be completed in **180 calendar days** from date of award of contract.

Prospective Bidders for this IFB must pre-register with the CUC Procurement & Supply Division. The Bid Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $200.00 (non-refundable) for one IFB package set.

A Pre-Bid Conference followed by a Site Visit is scheduled on **September 17, 2020 at 10:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No.17, Joeten Dandan Commercial Building.

One (1) original and Five (5) hard copies must be submitted in a sealed envelope marked **"CUC-IFB-20-030, *Installation of Granular Activated Carbon (GAC) Filter for Ten (10) Wells"***, to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on October 06, 2020**, at which time they will be publicly opened and read aloud. Late submissions and conditional bids will not be considered. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement the form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. **Late submissions and conditional bids will not be considered.**

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract.

A *Bid Guarantee* of fifteen (15%) percent of the total bid price must accompany the bids. The bid guarantee may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the United States, Secretary of Treasury as an acceptable surety. A *Payment Bond* of one hundred (100%) percent and a *Performance Bond* of one hundred (100%) percent of the total bid price will be required upon the execution of the contract by the successful bidders. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). **Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.**

All bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

All questions or request for clarification regarding this project must be submitted in writing no later than **10:00 AM (ChST) on September 21, 2020** to Mr. Manny B. Sablan, CUC Purchasing Administrator, via email manny.sablan@cucgov.org with a copy to Mr. Joel Puyat, CUC Water/Wastewater Engineer via email joel.puyat@cucgov.org and Ms. Christie Sablan, Procurement & Supply, Purchasing Technician, Senior via email christie.sablan@cucgov.org

CUC reserves the right to reject any or all bids and waive any imperfection in the bid proposal in the best interest of the government. All bids shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

Opinion

Hafa Adai!
Saipan Tribune
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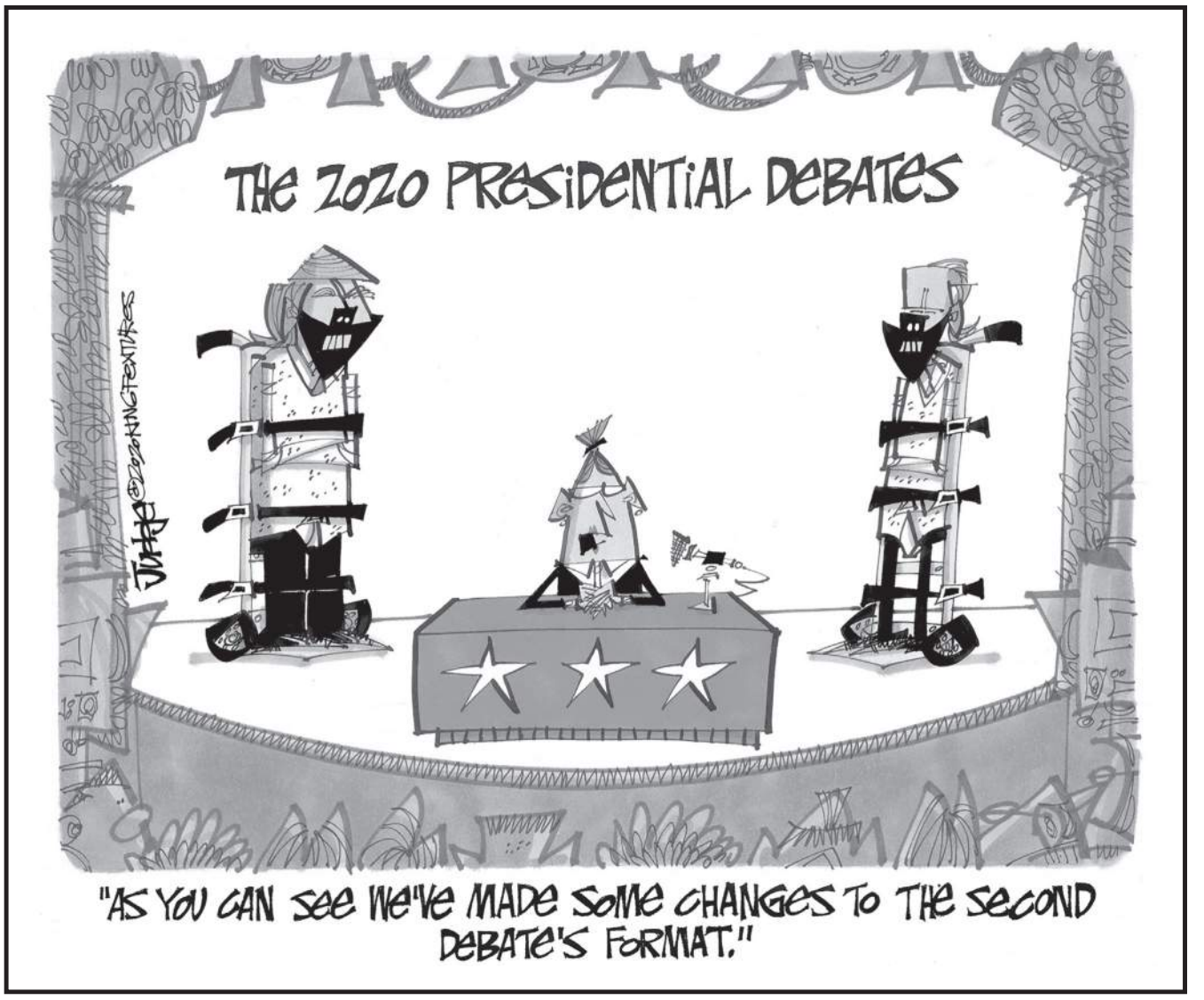


EDITORIAL

The president is sick: 74-year-old Donald Trump's positive coronavirus test is a trial for him and the country

We wish Donald Trump, the president of the United States, a speedy recovery from COVID-19. We wish the first lady a speedy recovery as well.

The same for Hope Hicks. And Secret Service agents now infected. And the very many people Trump interacted with the past few days as he crisscrossed the country campaigning, often in front of largely unmasked crowds. We hope Judge Amy Coney Barrett—Trump's nominee to the Supreme Court, who recently stood near the president, unmasked—is COVID-negative. We are grateful Trump and Joe Biden did not shake hands or get too close to one another in their Tuesday debate.

This is a gravely serious situation for the most powerful nation on Earth, one struggling with a pandemic and a deep recession, with looming international threats, in the final legs of a sprint to a November election: infections in the very seat of power, potentially enabled by a superspreader-in-chief.

Trump is 74, among the age demographic typically most harmed by the disease; one study says 9% of septuagenarians who test positive for COVID die. The president's doctors have repeatedly said he is the picture of health for a man of his years. If that is really true, we pray it pays dividends now as he battles a disease that has claimed the lives of more than 200,000 Americans—160,000 of them aged 65 and over.

We wonder whether Trump, who may have been an asymptomatic spreader for days, will rethink his stance on masks. In that debate, he belittled Biden's tendency to wear face coverings, as he so often has, saying, "Every time you see him, he's got a mask. He could be speaking 200 feet away from him and he shows up with the biggest mask I've ever seen." Despite debate rules telling audience members to remain masked, the president's entourage all removed their masks upon entering the venue.

In early February, Trump told Bob Woodward the virus was "deadly stuff," "more deadly than even your strenuous flu," before he went on to liken the virus to the flu, repeatedly telling them the flu was worse and COVID would magically melt away.

At a rally of largely unmasked acolytes last week, Trump said, "It affects elderly people, elderly people with heart problems, if they have other problems, that's what it really affects," adding, "It affects virtually nobody."

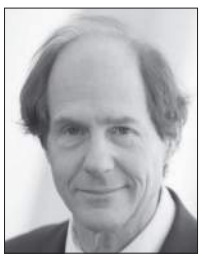
We fervently wish Trump's case is quick, and that he does not end up among those he defined as "virtually nobody," both for his sake and for the sake of our nation.

(c) 2020 *New York Daily News*

What happens if Trump is 'unable' to govern

By CASS R. SUNSTEIN
Bloomberg Opinion

Cass R. Sunstein is a Bloomberg Opinion *columnist. He is the author of* Too Much Information *and a co-author of* Nudge: Improving Decisions About Health, Wealth and Happiness.



Now that President Donald Trump has tested positive for COVID-19, the Department of Justice is almost certainly focusing on the 25th Amendment, which provides for the transfer of presidential authority to the vice president.

No one who works for a sitting president wants to think about that amendment. But in any administration, worst-case scenarios get attention, and if the president is sick, the lawyers and the vice president have to be clear on what the 25th Amendment says and requires.

The good news is that for most imaginable health outcomes associated with the virus, it is entirely clear. The less good news is that for some imaginable health outcomes, especially those associated with COVID-19, the 25th Amendment is ambiguous.

It offers two different routes by which the transfer of power can occur. Section 3 says this:

Whenever the President transmits to the President pro tempore of the Senate and the Speaker of the House of Representatives his written declaration that he is unable to discharge the powers and duties of his office, and until he transmits to them a written declaration to the contrary, such powers and duties shall be discharged by the Vice President as Acting President.

Section 4 says this:

Whenever the Vice President and a majority of either the principal officers of the executive departments or of such other body as Congress may by law provide, transmit to the President pro tempore of the Senate and the Speaker of the House of Representatives their written declaration that the President is unable to discharge the powers and duties of his office, the Vice President shall immediately assume the powers and duties of the office as Acting President.

Under section 3, the president voluntarily transfers power to the vice president. Under section 4, the decision is made by the president's own team – by majority vote.

Section 4 also allows a role for Congress. If power has been transferred to the vice president, the president can produce a written declaration that he is well and can become president again – unless the vice president and a majority disagree. In the (unlikely) event of disagreement, Congress resolves the issue, with the president prevailing unless both houses vote, by a two-thirds margin, that he cannot discharge the powers and duties of his office.

In 1981, I was a young lawyer in the Office of Legal Counsel of the Department of Justice, and I saw the operation of these provisions in real time. My boss, Theodore Olson, had asked me, very early in Ronald Reagan's presidency, to become the resident expert on the 25th Amendment.

I thought it was a hypothetical exercise (and pretty pointless). But when John Hinckley shot Reagan, Olson quietly called me aside and told me that the president was in worse shape than the press was reporting. He told me to write two declarations, transferring power to Vice President George H.W. Bush. Both were sent over to the White House.

Fortunately, Reagan recovered well, and no one needed to invoke the 25th Amendment.

For that reason, we didn't need to focus on a crucial unresolved question: the meaning of "unable," which is the amendment's most important word.

As everyone knows, people who test positive for COVID-19 have a continuum of symptoms. These can include essentially nothing; mild flu-like systems; serious but not life-threatening unpleasantness for a week or two; heart problems; severe respiratory problems requiring hospitalization; and worse.

That means that for 25th Amendment purposes, the Department of Justice's analysis is mostly straightforward. The purpose of the amendment is to handle just one problem: incapacitation.

If the president has mild flu-like symptoms, or anything in that vicinity, the 25th Amendment should not and cannot be invoked. If the president is essentially flat on his back and unable to do his job (realistically speaking), the 25th Amendment must be invoked. That is not discretionary. If he is capable of doing so, he himself must sign the declaration required by section 3; if he cannot, the vice president and the cabinet must proceed under section 4.

Unfortunately, we can also imagine hard cases. The course of COVID-19 is unpredictable, and for some of its symptoms, people can reasonably disagree about whether it renders its victims "un-

See TRUMP on Next Page

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When someone has a miscarriage, just listen

By GEORGIA GARVEY
Chicago Tribune

Georgia Garvey is the editor-in-chief of the Pioneer Press *newspapers, which cover the north, northwest and western suburbs of Chicago.*

If you're ever looking for way to clear out a room, consider talking about your miscarriage.

According to the Mayo Clinic, there's at least a 1 in 5 chance a woman will have one, so the odds are good (well, not "good" so much as "high") that you'll have one to discuss. I'm one of those women and I've talked about miscarriage with friends, with family and now, apparently, with the world.

I don't pretend to get all of the "National Theme Awareness" months, but October is National Pregnancy and Infant Loss Awareness Month and if nothing else, it serves to let women in that place know that there are multitudes of others who've also been there. Maybe it helps show them the ways other women have traveled the path.

My first miscarriage, which happened about eight years ago, was a shock. I felt as if I were the only woman who'd ever had one. I was adrift and confused. How was I supposed to react, I wondered. Should I be less sad? More sad? What was my time limit for grieving?

But I'm an over-sharer, and the way I dealt with my experience was to talk about it. I talked to friends, to family members, sometimes to anyone who'd sit beside me long enough. Part of the reason I did it was that I wanted to explain my strange behavior, my paleness, my occasional lapses of silently staring off into the distance. But I also felt another motive driving me, one harder to define. I had to talk.

Eventually, I became a connoisseur of the listener's reactions.

There was the "Dude" reaction, which was often but not always what happened when I told a man. I never felt men should be spared from the things that happen to the women in their lives, so I told my brothers, my father, my friends even though I knew I might get a Dude response. Besides, sometimes talking about it with The Dude was kinda funny.

"Ahem, ah, well, you know, that's, um, too bad," The Dude might say, clearing his throat nervously, avoiding eye contact and stammering out something vaguely kind but also clearly indicative of a passionate yearning to drop the subject and never return to it, like, ever. The Dude—who, by the way, is sometimes a woman—is not above pulling a fire alarm to escape the conversation.

"The Mom" was often an older woman.

"Oh, honey," she might say softly, patting your arm. Maybe she'd quietly tell you she went through something similar, or maybe she'd just sit with you, in silence. She usually didn't offer advice or ask follow-up questions.

I liked The Mom best.

My least favorite was "The Encourager."

The Encourager means well but never runs out of platitudes: "You can always try again!" "You're still young!" "At least you know you can get pregnant!" "It just wasn't meant to be!" And the worst: "It's all part of God's plan."

Whether that was true or not, it felt punitive that the Almighty had singled me out for suffering, had decided to inflict it on me intentionally and with an awareness of what he was doing.

Also pretty bad was "The Diagnoser," who's never met an ailment he or she can't cure. Your miscarriage presents a challenge to The Diagnoser, one that almost certainly can be identified and prevented by actions The Diagnoser or someone The Diagnoser knows has undertaken or ceased undertaking. Did you drink coffee while you were pregnant? Fly in an airplane? Paint your nails? Expose yourself to too many free radicals, lead-based paint, fluoride, parabens or cash register receipts? Have you gone gluten-free? Dairy-free? Sugar-free? Paleo? Tried essential oils? Crystals? Maybe you should visit an acupuncturist, a chiropractor, a reiki healing master, a witch doctor, an exorcist.

Eventually I realized Diagnosers are simply terrified of uncertainty. They can't accept that sometimes bad things just happen, that they can't ward off tragedy in their own lives by researching or thinking or doing. I've been a Diagnoser before, and probably since, but my two miscarriages have made me at least try to stop myself from dispensing unsolicited advice when someone shares.

A miscarriage—maybe any loss—is intensely personal anyway. There isn't much anyone can say other than "I'm sorry."

For me, it wasn't like losing someone I knew and loved. It was losing a possibility, a potential, and the sadness was about never knowing what could have been.

There is no solution for grief of any variety. But I found consolation in speech. It was a dose of medication, if not a cure. While talking, I felt as if my suffering had become a physical load I was offering up.

"Here's my sadness," I was saying. "Can you hold it for a second?"

Not everyone wants to, or can. But when you find someone who will, who gladly takes it away, even for a moment, your heart feels lightness in the space where the burden was. And, if you're anything like I was, you're grateful.

So thank you for listening, world, and please keep listening to the other women who share this month. Some of us very much need it.

Where are the robotic overlords when we need them most?

By MICHAEL SHPIGELMACHER
Los Angeles Times

Michael Shpigelmacher is a robotics and artificial intelligence expert and the chief executive of Bionaut Labs.

In 2016, I unpacked my luggage at a newly constructed New York hotel only to realize that I had forgotten my toothpaste. I called room service, and a chipper voice responded "Someone will bring it right up." Two minutes later, I opened my door to discover an object resembling a trash can on wheels, equipped with a lid, a large button and a small digital screen. I gingerly pushed the button and the lid opened, revealing a toothpaste tube. The digital display flashed "Thank you." The robotic visitor then turned around and rolled away. Before it disappeared, I snapped a photo, sending it to a friend. He responded, "Nice gimmick."

Four-and-a-half years later, when my family checked into a Laguna Beach hotel, COVID-19 safety protocols meant the human room service attendants couldn't enter when we were inside. Under these circumstances, a robotic service provider would hardly be a gimmick. Unfortunately, the robots are nowhere to be found.

But market-ready robotic technologies exist, and they have the potential to mitigate the damage of the pandemic. Why don't we finally welcome the long-promised robotic takeover?

Despite massive progress in artificial intelligence technology and increased adoption of industrial robots, consumer-facing robotic products are not nearly as ubiquitous as popular culture predicted decades ago.

The self-lacing sneakers from "Back to the Future" are not yet commonplace enough to save my daughter from tying her own shoes. The flying cars from "Blade Runner" still aren't clogging Los Angeles' skies. The only Robocop in Detroit is an unfinished bronze statue.

The reasons behind this are objective: Robotics innovation is technically challenging, the capital costs of starting a robotics company are high, customization is complex, deployment is costly and safety regulation is onerous.

Visceral aversion also plays a role in the slow adoption of consumer-facing robots. In contrast to AI software running silently in the background, a robot is a physical object invading your personal comfort zone and raising primal alarm bells. This sentiment is echoed by the viral response to the Boston Dynamics product demos of eerily dog-like robots, which were received online as harbingers of the looming robot apocalypse. While we feel comfortable handing over our most private data to AI engines on a near-constant basis, the most sophisticated robot most people will welcome into their homes is a Roomba.

Finally, consumer-facing robots threaten to replace manual and service jobs, raising fears of mass unemployment. This concern—an understandable one, considering the current 10.2% unemployment rate—could make regulation stricter and suppress investment appetite.

But the unemployment argument against robotics is Luddite in nature—history teaches us that it rarely wins. From the original Luddite movement in 19th century England, when workers rallied against textile machinery, to the Soviet Union's early denouncement of genetics and cybernetics, we see that efficient technology usually ends up being implemented. Labor markets adapt in response. In the long term, automation creates new employment opportunities by reducing product prices and creating new industries.

When human contact is risky, the argument for public-facing robots is straightforward. An autonomous, self-disinfecting vehicle can transport front-line workers when mass transit is unsafe. Home base units with robotic capabilities can expand the functionality of telemedicine, transforming it from a glorified Zoom chat to a platform for remote delivery of therapeutics or diagnostics. Robotic assistants at hospitals and nursing homes can reduce the risk of exposure in environments that have seen more than 40% of all COVID-19 fatalities. Companies such as Waymo and UVD are already exploring some of these ideas. Many can be readily implemented using existing technology.

And it's not too late for robots to make an impact. Early forecasts predicted that the virus would disappear within a few months. Multiple experts today predict we will have to coexist with the coronavirus for years to come. Besides, antibiotic-resistant bacterial outbreaks, environmental disasters and new pandemics are likely to emerge in the future. At a time where most of the tools to fight the outbreak are decidedly low-tech, robotic solutions to address future disruptions deserve a second look. The same robotic tools would bring further benefits to the post-pandemic economy, improving public safety in a variety of sectors and generating a boost in productivity.

What can be done to hasten the consumer-facing robotic revolution? Targeted federal funding with a focus on civilian applications is a good start. While the Department of Defense's investment in AI technologies amounts to $2 billion, the non-military National Robotics Initiative budget is a comparatively minuscule $50 million. Streamlined regulation is another key to this process, addressing public concerns about robotic safety and broader impact on the job market without hampering innovation. Finally, workforce retraining is key. If we focus on workforce development and prioritize applications that offer broad societal benefits, our robotic overlords may end up being benevolent after all.

TRUMP

From Page 8

able" to do their jobs. Symptoms that involve extreme fatigue, headaches and cognition could present borderline cases. It's highly unlikely, but we cannot rule out a situation in which the president refuses to sign a declaration under section 3 but in which the vice president and the cabinet are compelled to proceed under section 4.

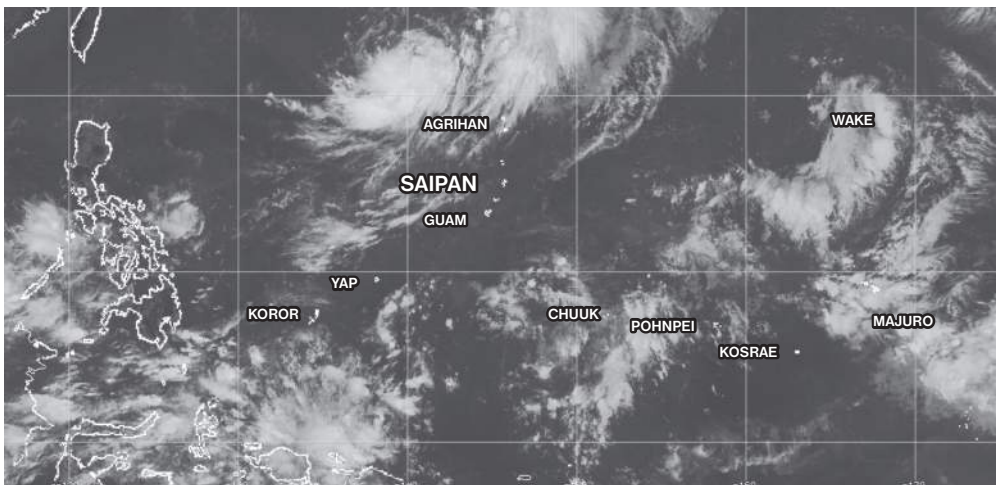
For anyone who gets COVID-19, including the president, there is a good chance that the disease will not prove incapacitating. If so, we will have no need to worry about the 25th Amendment. But it's essential to understand what it makes clear, and what it leaves open.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Partly cloudy with isolated showers. East winds 5 to 10 mph.	Mostly cloudy with scattered showers and isolated thunderstorms. Southeast winds 5 to 15 mph.	Mostly cloudy. Isolated showers and thunderstorms.	Partly cloudy with isolated showers.	Mostly cloudy with isolated showers.
89º / 77º	87º / 76º	87º / 77º	89º / 77º	87º / 77º

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 7:43 AM, SUNDAY, OCTOBER 4, 2020

Western North Pacific between equator and 25N from 130E to 180.

A surface ridge sits just east of the islands, placing gentle southerly winds over the Marianas. Weakly convergent south to SW winds and surface troughs within the flow are causing some showers and thunderstorms to the west of the islands. All of this momentum is heading into the broader monsoon gyre centered well to the NW near 22N140E. High up overhead, between 40-50 kft, the overnight sounding shows ENE winds between 35-50 kt. Buoys show seas between 3 and 4 feet.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

- Stay home as much as possible. Avoid unnecessary travel or public places.
- Avoid social gatherings in groups of more than 10.
- Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.
- Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.
- Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.
- Create a household plan of action, https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html
- Ensure a 30-day supply of all medicines.

Continue good hand hygiene

- Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.
- Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

- Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:
- ❑ Choosing a room in your house that can be used to separate sick household members from others.
- ❑ Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- ❑ Avoiding touching your eyes, nose, and mouth with unwashed hands.
- ❑ Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561 These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mpand, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at http://www.chcc.gov.mp/pressrelease.html and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

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MICRONESIA	▲ ▼ °F	
Guam and Rota	Thunderstorms	85° / 78°
Palau	Thunderstorms	85° / 77°
Yap	Thunderstorms	85° / 78°
Chuuk	Thunderstorms	87° / 79°
Pohnpei	Thunderstorms	86° / 77°
Kosrae	Thunderstorms	87° / 77°
Majuro	Thunderstorms	85° / 80°

DAY	SUNRISE	SUNSET
Today	6:07 AM	6:03 PM
Tuesday	6:07 AM	6:02 PM
Wednesday	6:07 AM	6:01 PM
Thursday	6:07 AM	6:01 PM
Friday	6:07 AM	6:00 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	8:30 AM	8:19 PM
Tuesday	-	9:19 AM	9:00 PM
Wednesday	-	10:10 AM	9:44 PM
Thursday	-	11:02 AM	10:32 PM
Friday	-	11:55 AM	11:23 PM

AROUND THE GLOBE	▲ ▼ °F	
Auckland	Showers	64° / 54°
Beijing	Mostly Sunny	73° / 52°
Hong Kong	Thunderstorms	88° / 81°
Honolulu	Windy	87° / 76°
London	Showers	61° / 46°
Los Angeles	Sunny	83° / 61°
Manila	Thunderstorms	90° / 79°
Melbourne	Cloudy	57° / 43°
Miami	Thunderstorms	82° / 79°
New York	Partly Cloudy	84° / 65°
Osaka	Rain	66° / 64°
Paris	Partly Cloudy	61° / 46°
Busan	Rain	72° / 63°
Rome	Sunny	77° / 61°
Salem	Mostly Sunny	84° / 61°
San Francisco	Sunny	71° / 55°
Seoul	Showers	70° / 57°
Tokyo	Rain	64° / 61°
Washington, DC	Partly Cloudy	85° / 63°

TIDES: SAIPAN HARBOR TODAY		FEET
3:27 AM	LOW TIDE	0.23
9:48 AM	HIGH TIDE	1.73
3:45 PM	LOW TIDE	0.86
9:04 PM	HIGH TIDE	1.69

FLIGHT SCHEDULE AS OF SEPTEMBER 11, 2020

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	7:30am	8:10am	1, 4
UA117	7:50am	8:30am	6

SAIPAN-MANILA (MNL)

UA117/183	7:30am	9:10pm	1 via Guam

GUAM-MANILA (MNL)

UA183	7:25pm	9:10pm	1 via Guam
UA183	9:05pm	10:50pm	5 via Guam

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	5:50am	6:31am	1, 4
UA174	6:15am	6:56am	6

MANILA (MNL)-SAIPAN

UA184/174	11:45pm	6:56am+1	5 via Guam

MANILA (MNL)-GUAM

UA184	10:25pm	4:25am+1	1 via Guam
UA184	11:45pm	5:33am+1	5 via Guam

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

SAIPAN TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1301.2	8:30AM	9:00AM	Tues/Fri
1303	3:30PM	4:00PM	Tues/Fri

ROTA TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3101.2	9:30AM	10:00AM	Tues/Fri
3103	4:30PM	5:00PM	Tues/Fri

ROTA TO GUAM

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15	12:45	Temporarily Unavailable

GUAM TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
4301	13:00	13:30	Temporarily Unavailable

SAIPAN TO TINIAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1201	7:00	7:15	Temporarily Unavailable
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Temporarily Unavailable
1205	11:00	11:15	Temporarily Unavailable
1206	12:00	12:15	Temporarily Unavailable
1207	13:00	13:15	Temporarily Unavailable
1208	14:00	14:15	Temporarily Unavailable
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Temporarily Unavailable
1212	18:00	18:15	Temporarily Unavailable

TINIAN TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
2101	7:30	7:45	Temporarily Unavailable
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Temporarily Unavailable
2105	11:30	11:45	Temporarily Unavailable
2106	12:30	12:45	Temporarily Unavailable
2107	13:30	13:45	Temporarily Unavailable
2108	14:30	14:45	Temporarily Unavailable
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Temporarily Unavailable
2112	18:30	18:45	Temporarily Unavailable

Business

Design your own cake at Jello & Cake Shop

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

It is like a dream come true! Jello & Cake Shop located in Garapan (beside Eastern BBQ) lets you design your own cake, the way you want it for any occasion. You can choose from different flavors and have fun with many decorative options.

"We are a new business since as we opened shop last Aug. 25. This venture is based on my passion as I really like baking and that is the reason why I opened this cake shop," owner Li Minnie said.

"Our products are all made using good and high-quality ingredients. We try hard to make the pastries taste good and we will ask many customers for their taste before we have a new product," she added

Aside from being able to design your cake, Jello & Cake Shop also has other savory pastries. Their specialties include cream puffs, cream mochi, delicious egg tarts, yogurt cream cake, cream mochi, cheese cake, Oreo cake box, fruit cake box. and many other kinds of cakes are always freshly baked.

"We encourage advance orders, accepts made to order cakes and we use exquisite accessories. Price range for fruit cake are 6 inches is $28, 8 inches is $38, 10 inches is $48, and 12 inches is $68. For cream cake, 6 inches is $23, 8 inches is $33, 10 inches is $43, and 12 inches is $58.

"The only difference between us and others bake shops is we really care about the comments or suggestions from our customer, and we would like to change and fix our products to make our customers satisfied," Minnie said.

"My message to other people who want to put up their own business is to do not give up on your dream. Your passion will be your fuel to help you the reach the things that you want to achieve," Minnie added.

Jello & Cake Shop is open from 10am to 7:30pm. For more information, visit them in Garapan beside Eastern BBQ or go to their Facenook page: Li Minnie.

CONTIRBUTED PHOTO
Freshly baked egg tarts are available every day at Jello & Cake Shop.

CONTIRBUTED PHOTO
Cream Mochi is one of the bestsellers at Jello & Cake Shop.

Jello & Cake Shop is located beside Eastern BBQ in Garapan.

MARK RABAGO

UK, EU leaders urge intensified talks on elusive trade deal

LONDON (AP)—Britain's prime minister and the head of the European Union told their chief negotiators Saturday to get back together and push "intensively" to strike a post-Brexit trade deal before time runs out in a matter of weeks.

Prime Minister Boris Johnson and European Commission President Ursula von der Leyen held a video call in a bid to overcome a stubborn roadblock in the trade negotiations.

In a joint statement, the two said that "progress had been made in recent weeks but that significant gaps remained, notably but not only in the areas of fisheries, the level playing field, and governance."

The statement said they instructed their chief negotiators to work intensively to try to bridge those gaps.

The U.K.'s chief negotiator, David Frost, said on Twitter that he would begin talks with EU counterpart Michel Barnier "as soon as we can next week."

Britain left the EU politically in January after more than 45 years of membership, but remains economically tied to the bloc until a Brexit transition period ends on Dec. 31.

The two parties are trying to strike a rudimentary trade deal before then, to avoid a barrage of uncertainty, tariffs and red tape that would hurt economies on both sides.

But while negotiators have inched close to agreement in many areas during six months of talks, they remain deadlocked over European fishing boats' access to U.K. waters, and over the level of support governments can give to industry. The EU is concerned that British plans to subsidize sectors such as technology will amount to unfair competition.

BOG finalist in Strong Communities Award

HAGATNA, Guam—Bank of Guam announces it is one of four Rural Category Finalists for the 2020 Strong Communities Award sponsored by the Federal Home Loan Bank of Des Moines (FHLB Des Moines). The annual award honors local projects, people, and programs that benefit small businesses and support retention in their communities. Finalists are from the Midwest, West Coast, and Guam. The award winners will be determined through a public vote at www.fhlbdm.com/award daily starting Oct. 5 at 8am through Friday, Oct. 9 at 5pm, Chamorro Standard Time. Winners, which are split between the rural and urban categories, will be awarded $15,000 while runners up will be awarded $3,000 each.

"We are very proud that the Bank of Guam's LIFE Teen Expo project is being recognized for its contribution to improving our community and to enhancing the lives of our young adults. This last year's theme, Diversity and Inclusion, reminds us during this time of how important we all are, and the strength we derive from our diversity. We ask all our communities to support us by voting daily October 5 through 9, 2020 at www.fhlb.com/award."

Established by Congress in 1932, The Federal Home Loan Bank of Des Moines (one of 11 regional Banks) is a member-owned cooperative that provides funding solutions and liquidity to nearly 1,350 members (including 997 banks) to support mortgage lending, economic and affordable housing throughout communities across 13 states and 3 Pacific territories they serve. For additional information, contact Jackie Marati at (671) 472-5258. ***(PR)***

Democratic proposal for more airline aid stalls in Congress

A proposal by House Democrats to give the airline industry $28.8 billion to avert thousands of furloughs failed to advance on Friday, marking a fresh setback for airlines struggling with a massive downturn in travel during the pandemic.

Rep. Peter DeFazio, D-Ore., accused Republicans of blocking him from bringing the measure to the House floor under special rules that require unanimous agreement of the lawmakers.

Earlier in the day, House Speaker Nancy Pelosi urged airlines to delay 32,000 furloughs that began this week while Congress considered DeFazio's bill.

American Airlines and United Airlines held back, however, saying they would wait for Congress to approve the money before recalling furloughed workers.

Messages left with two spokespeople for the House Republican leadership were not immediately returned.

The standoff appeared to end until next week any chance of more payroll aid for the carriers. The airlines and their unions are seeking more taxpayer money to prevent furloughs through next March.

Congress approved $25 billion in payroll aid six months ago in hopes that the travel industry might be stronger by fall. The money and an accompanying ban on layoffs expired Thursday.

There is widespread support in Congress for giving the airlines another $25 billion, but the plan bogged down as congressional Democrats and the White House failed to agree on a larger pandemic-relief measure. Until Friday, lawmakers avoided trying to give money to just one industry while others are struggling and laying off workers, including hotels, restaurants and retail stores.

DeFazio, who chairs the House Transportation Committee, introduced a stand-alone measure to give up to $25.5 billion to passenger airlines, $3 billion to their contractors and $300 million to cargo airlines.

The money would be earmarked for wages and benefits through next March. Airlines would keep their current workforces intact without dipping into the billions they have raised from private lenders and up to $25 billion in low-interest government loans that Congress approved six months ago.

"We will either enact Chairman DeFazio's bipartisan stand-alone legislation or achieve this as part of a comprehensive negotiated relief bill," Pelosi said. While Congress works on the matter, "the airline industry must delay these devastating job cuts," she said.

The bill picked up a quick Republican endorsement from Sen. John Cornyn of Texas, who is up for re-election next month in the state where American and Southwest are based and have thousands of employees. Cornyn is one of 16 Senate Republicans who earlier supported another round of money for airlines.

Airline stocks rose Friday after Pelosi's announcement, but gave back some of the gains by the closing bell.

U.S. air travel has recovered partially since falling 96% in mid-April but it remains down nearly 70% from a year ago, and the industry is losing billions of dollars a month. With no available vaccine, and the U.S. reporting more than 40,000 new confirmed cases of COVID-19 a day, forecasts for holiday-season travel look grim.

Nation

Doctor: Trump improving, but not 'out of the woods' yet

AP
President Donald Trump arrives at Walter Reed National Military Medical Center, in Bethesda, Md., Friday, Oct. 2, 2020, on Marine One helicopter after he tested positive for COVID-19. White House chief of staff Mark Meadows is at second from left.

BETHESDA, Md. (AP)— President Donald Trump went through a "very concerning" period Friday and faces a "critical" next two days in his fight against COVID-19 at a military hospital, his chief of staff said Saturday — in contrast to a rosier assessment moments earlier by Trump doctors, who took pains not to reveal the president had received supplemental oxygen at the White House before his hospital admission.

Trump remained at Walter Reed National Military Medical Center on Sunday. He offered his own assessment of his status Saturday evening in a video from his hospital suite, saying he was beginning to feel better and hoped to "be back soon."

Hours earlier, chief of staff Mark Meadows told reporters outside the hospital, "We're still not on a clear path yet to a full recovery." In an update Saturday night, Trump's chief doctor expressed cautious optimism but added that the president was "not yet out of the woods."

The changing, and at times contradictory, accounts created a credibility crisis for the White House at a crucial moment, with the president's health and the nation's leadership on the line. With Trump expected to remain hospitalized several more days and the presidential election looming, his condition is being anxiously watched by Americans.

Moreover, the president's health represents a national security issue of paramount importance not only to the functions of the U.S. government but to countries around the world, friendly and otherwise.

Saturday's briefing by Navy Commander Dr. Sean Conley and other doctors raised more questions than it answered. Conley repeatedly refused to say whether the president ever needed supplemental oxygen, despite repeated questioning, and declined to share key details including how high a fever Trump had been running before it came back down to a normal range. Conley also revealed that Trump had begun exhibiting "clinical indications" of COVID-19 on Thursday afternoon, earlier than previously known.

Conley spent much of the briefing dodging reporters' questions, as he was pressed for details.

"Thursday no oxygen. None at this moment. And yesterday with the team, while we were all here, he was not on oxygen," Conley said.

But according to a person familiar with Trump's condition, Trump was administered oxygen at the White House on Friday morning, well before he was transported to the military hospital by helicopter that evening. The person was not authorized to speak publicly and spoke to The Associated Press only on condition of anonymity.

Conley said that Trump's symptoms, including a mild cough, nasal congestion and fatigue "are now resolving and improving," and said the president had been fever-free for 24 hours. But Trump also is taking aspirin, which lowers body temperature and could mask or mitigate that symptom.

"He's in exceptionally good spirits," said another doctor, Sean Dooley, who said Trump's heart, kidney, and liver functions were normal and that he was not having trouble breathing or walking around.

In an evening health update, Conley said Trump had been up and moving around his medical suite without difficulty and conducting business. "While not yet out of the woods, the team remains cautiously optimistic," he said.

In the hospital video, Trump defended his decision to continue campaigning and holding large events in the midst of a pandemic.

"I had no choice," said Trump, who refused to abide by basic public health recommendations, including mask-wearing. "I had to be out front ... I can't be locked up in a room upstairs and totally safe. ... As a leader, you have to confront problems."

Trump also thanked his medical team and hailed the state-of-the-art treatments he was receiving, comparing them to "miracles coming down from God." Trump's medical care is far superior to the average American's, with around-the-clock attention and experimental treatments.

California wildfires on the brink of burning 4 million acres

SAN FRANCISCO (AP)— Red flag warnings of extreme fire danger subsided, but warm and dry weather continued to challenge firefighters battling more than two dozen blazes across California on Saturday as the state approaches an astonishing milestone: 4 million acres burned by wildfires this year.

The state is about 20,000 acres from reaching the unprecedented figure, fire officials said. Meanwhile, two major fires that have killed four people and incinerated hundreds of homes in the wine country and the far north continued to burn.

Powerful winds that had been expected to drive flames since Wednesday hadn't materialized, and warnings of extreme fire danger for hot, dry and gusty weather expired Saturday morning as a layer of fog rolled in. Clearer skies in some areas allowed large air tankers to drop retardant after being sidelined by smoky conditions several days earlier.

But with California a tinderbox of dead trees and dried brush after weeks of scorching weather and years of drought, fires could explode in rural areas, grasslands and dense forest even without the push of winds.

Above-normal temperatures and low humidity persisted Saturday, heightening the fire danger.

"It just leaves us kind of nervous that we're not out of the woods yet when it comes to what might happen in California," said Jonathan Cox, a deputy chief with the California Department of Forestry and Fire Protection, known as Cal Fire.

A cooling trend is expected to slowly begin on Sunday. Long-range forecast models hinted at the possibility of rain early next week.

The easing winds proved a mixed blessing at the Glass Fire in Sonoma and Napa counties. Although the fire raged on, crews got a break as they struggled to keep flames from jumping containment lines and renewing their march toward scenic communities.

"The good news is that with the lack of wind, we didn't have continued control issues," said Ben Nicholls, a Cal Fire division chief.

"However," he added, "due to that lack of wind, the smoke has stayed in place" and hindered aircraft from attacking the blaze.

Evacuation orders for many of the 5,000 residents of Calistoga were reduced Friday to warnings, although trees and some homes on the town borders were burning.

The fire, which had destroyed about 600 homes and other buildings, still threatened around 29,000 homes.

The fire had burned 97.4 square miles (252 square kilometers) and was only 10% contained.

In Shasta County in the north end of the state, the Zogg Fire that began Sunday has killed four people and destroyed nearly 180 structures. Containment slightly grew to 57% contained.

N. Carolina Senate race upended by sexting, virus diagnosis

RALEIGH, N.C. (AP)— North Carolina's intensely competitive and expensive U.S. Senate race has been upended by personal and health disruptions that sent sharp tremors and uncertainty through the campaigns and an electorate already casting ballots.

Democratic nominee Cal Cunningham acknowledged and apologized for exchanging sexually suggestive text messages with a woman who's not his wife, but he said he won't drop out of the race. And just a few hours earlier Friday evening, his opponent, Republican Sen. Thom Tillis, announced he has tested positive for COVID-19. The first-term senator has "mild symptoms," and the positive test forced Tillis to cancel in-person events as several members of his campaign staff headed into quarantine, less than five weeks until Election Day.

"It's chaos—it's really what I see it is," David McLennan, a political science professor at Meredith College in Raleigh, said in a Saturday interview.

In the text message exchanges, Cunningham tells the woman he wants to kiss her and she says she wants to spend the night with him. The messages were first reported by the website NationalFile.com.

"I have hurt my family, disappointed my friends, and am deeply sorry. The first step in repairing those relationships is taking complete responsibility, which I do," Cunningham said in his statement late Friday.

Cunningham, who is married with two teenage children, added he's staying in the Senate race: "I will continue to work to earn the opportunity to fight for the people of our state."

The race is the nation's most expensive Senate campaign and considered key to determining the power balance in the chamber. Democrats need to gain four seats in November to take control. The developments come as voting already has gone on for four weeks in North Carolina, as 341,000 completed mail-in absentee ballots already have been accepted and will be counted. Early in-person voting begins Oct. 15.

McLennan and Gary Pearce, a longtime state Democratic consultant, said it's unclear how much of an effect the text messages will have on the election.

"Most Democrats are really scared by it, but then you wonder has everything changed in the age of (President Donald) Trump," Pearce said, adding the electorate's increased polarization since 2016 could lead many Democrats to stick with Cunningham simply because the party's victory is paramount.

Screengrabs of the messages show Cunningham told public relations strategist Arlene Guzman Todd, "Would make my day to roll over and kiss you about now," to which she replies, "You're so sweet. I would enjoy that."

World

India's COVID-19 fatalities top 100,000, behind US, Brazil

NEW DELHI (AP)—India passed a grim milestone in its fight against the coronavirus on Saturday, with health authorities saying the country has recorded more than 100,000 virus-related deaths since the pandemic began.

The announcement from the Health Ministry means that nearly 10% of the more than 1 million people to die globally in the pandemic have done so in India, behind only the United States and Brazil. India has seen more than 6.4 million total confirmed infections, recording more than 79,000 new cases in the past 24 hours.

Prime Minister Narendra Modi and his government are facing criticism for failing to stop the march of the virus, which in September hit India harder than any other nation in the world. Almost 41% of India's total infections and 34% of COVID-19 deaths were reported in September alone, with an average of nearly 1,100 Indians dying every day from the virus.

As in many countries, Modi and his government have struggled with how to balance virus restrictions with the the need to boost a contracting economy in which millions are newly jobless.

Even as the nation reaches 100,000 confirmed deaths, experts say that number is likely still an undercount. They say many COVID-19 deaths may have been attributed to other causes, especially in the early days of the pandemic when testing was abysmally low for a country with a population of 1.4 billion.

"India's fatalities numbers don't reflect the true extent of the damage the virus has done," said Dr. T. Jacob John, a retired virologist.

India's poor track record to register mortality data even before the pandemic has further amplified questions over the actual death toll. On Wednesday, U.S. President Donald Trump, during the first presidential debate, suggested India was underreporting deaths, though he provided no evidence.

India's first COVID-19 death was reported on March 12. Over the next five months, the disease killed 50,000 people. It took just 45 more days for that number to double, underscoring the severity of a pandemic that has swamped intensive care units and morgues and also contributed to the deaths of medical professionals.

The Indian Medical Association on Friday said at least 500 doctors have died of the coronavirus, adding the toll could be far higher. The association last month accused the government of "indifference" after it said there was no complete data on the number of front-line health care workers who had contracted the coronavirus and died.

Among the lives taken was 58-year-old Abdul Quddoos of Hapur, Uttar Pradesh, who died May 28. He was a general physician, a husband and a father of three.

On Saturday, his son, 32-year-old Mohd Danish, stood next to his grave in New Delhi's largest Muslim cemetery and spread flower petals on it.

"I feel patients are not being taken care of in the hospitals," Danish said.

Meters away, Mohammad Shameem, a gravedigger who now also oversees the burials, helped lower another body in a grave with ropes. As grieving relatives looked on, a visibly tired Shameem described the extent of the virus toll.

"There is very little space is left now at the burial ground," said Shameem. "We are going to increase the space for the fourth time."

The virus has exacted an especially vicious toll on southern Maharashtra, one of India's largest and richest states. It has recorded nearly 1.3 million cases including more than 37,000 deaths. In neighboring Karnataka, the fatalities stand at nearly 9,000.

The two states comprise almost 45% of total COVID-19 deaths in the country.

Madrid starts partial virus lockdown amid political dispute

MADRID (AP)—Madrid awoke Saturday to its first day under a partial lockdown, with police controlling travel in and out of the Spanish capital as the city and its suburbs have become Europe's biggest hot spot in the second wave of the coronavirus.

Spain's national government ordered two weeks of new restrictions that started at 10 p.m. Friday (2000 GMT) despite reluctance from regional officials.

The measures prohibit all nonessential trips in and out of the capital and nine of its suburbs—affecting around 4.8 million people. Restaurants must close at 11 p.m. and shops at 10 p.m., and both must limit occupancy to 50% of their capacity.

Spain's Socialist prime minister, Pedro Sánchez, said the steps were "critical" to stopping virus outbreaks and preventing a repeat of the horrific scenes of March and April, when hospitals were overrun with dying patients.

"Union is the best vaccine against COVID," Sánchez said Saturday.

The new health standards are designed to kick in once a municipality has 500 infections per 100,000 inhabitants over 14 days and 30% of the intensive care units are occupied by COVID-19 patients.

Even though the measures are light compared with the home confinement mandated across Spain during the first wave of the virus, they have sparked a political battle between Sánchez's left-wing coalition government and the Madrid administration run by a right-wing rival.

The Madrid government led by Isabel Díaz Ayuso of the conservative Popular Party said it would enforce the Spanish government's orders but it also has challenged them in the National Court Ayuso and her regional ministers have said the restrictions will cause "chaos," hurt an already weakened economy and violate their jurisdiction as regional authorities.

Ayuso's message has reached at least some residents who see the issue as having more to do with politics than public health.

"I think we have gone to the extremes," said Ángel Davila, a 52-year-old engineer at Atocha train station. "I think that the measures they have put in place aren't correct. They are not based, according to what I have studied, on medical information. It is a political thing now more than anything else."

Health experts, however, have been urging Madrid to take stronger action for weeks, but Madrid Health Chief Enrique Ruiz Escudero argued they were unnecessary.

Azerbaijan claims seizing villages in fighting with Armenia

BAKU, Azerbaijan (AP)—Armenia and Azerbaijan said heavy fighting continues in their conflict over the separatist territory of Nagorno-Karabakh. Azerbaijan's president said late Saturday that his troops had taken a town and several villages while Armenian officials claimed their troops inflicted heavy casualties.

Fighting broke out on Sept. 27 in the region, which is located within Azerbaijan and under the control of local ethnic Armenian forces. It is some of the worst in Nagorno-Karabakh and surrounding areas since the end of a war in 1994.

Armenian Defense Ministry spokeswoman Shushan Stepanian said intensive fighting was "taking place place along the entire front line" on Saturday and that Armenian forces had shot down three planes.

Azerbaijan's Defense Ministry denied any planes being shot down and said Armenian personnel had shelled civilian territory. Azerbaijan President Ilham Aliyev said his country's army "raised the flag" in the town of Madagiz and taken seven villages.

Nagorno-Karabakh officials have said more than 150 servicemen on their side have died so far. Azerbaijani authorities haven't given details on their military casualties but said 19 civilians were killed and 55 more wounded.

Vahram Poghosyan, a spokesman for Nagorno-Karabakh's president, claimed Saturday on Facebook that intelligence data showed some 3,000 Azerbaijanis have died in the fighting. Armenian Defense Ministry spokesman Artsrun Ovannisian said later that 2,300 Azerbaijan troops were killed, about 400 of them in the last day.

With Azerbaijan not commenting on troop casualties, the statements could not be verified.

Nagorno-Karabakh was a designated autonomous region within Azerbaijan during the Soviet era. It claimed independence from Azerbaijan in 1991, about three months before the Soviet Union's collapse. A full-scale war that broke out in 1992 killed an estimated 30,000 people.

By the time the war ended in 1994, Armenian forces not only held Nagorno-Karabakh itself but substantial areas outside the territory's formal borders, including Madagiz, the village Azerbaijan claimed to have taken Saturday.

GONE BUT NOT FORGOTTEN

† Liwayway Berzuela Raganot

Lovingly known as
Manang Baby/Ate Baby

†Liwayway was born on April 27, 1949 and called to her new life in God's paradise on Tuesday, September 15, 2020.

Her memories will forever stay in the hearts of her husband, Purisimo Z. Raganot and children namely, Michelle Fatima and Elmerson.

†Manang Baby or Ate Baby, as fondly called by her close friends and family members, originally hails from Taguig, Philippines. She came to Saipan on 1983 and made this island her home where she worked and built her family.

†Baby has heart of gold, always willing to offer a helping hand to those in need. A generous soul rewarded with genuine friends and loving family. Her absence left a huge hole in the hearts of the people she shared laughter and unconditional love until her last day here on earth.

The family of †Manang Baby/Ate Baby would like to express their deepest gratitude to everyone who participated to the daily rosary and attended the funeral.

Your presence, thoughts and prayers helped us tremendously during this most difficult time, knowing that our dear †Baby was well-loved and appreciated. It gave us courage and strength to accept the will of God no matter how painful and difficult. Special thanks to the Pagapular Family for all your help during this difficult time. Know that you are treasured and will be remembered in our thoughts and prayers.

Thank you very much, Salamat po!

Purisimo, Michelle and Elmerson Raganot

Health & Wellness

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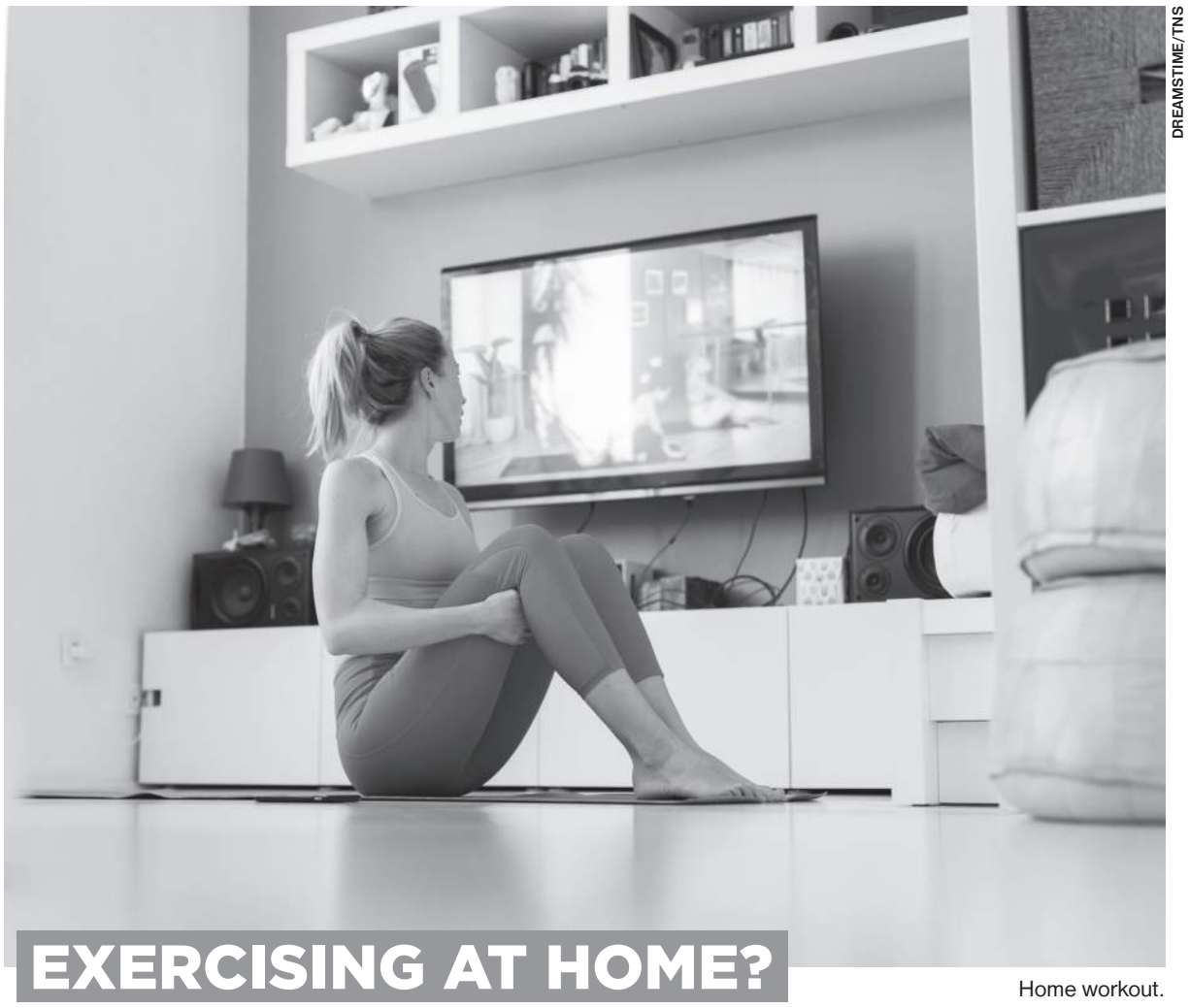


DREAMSTIME/TNS

Home workout.

EXERCISING AT HOME?

Here are 5 ways you might be screwing up your workouts— and how to avoid common pitfalls

By LAUREN LEAZENBY
CHICAGO TRIBUNE

Gyms and fitness centers have reopened but for some, exercise is still an at-home activity. Yet without a personal trainer or instructor to tell you your push-up form is wrong, working out at home can be like working out in a vacuum.

Here are some of the most common home workout mistakes teachers and trainers see—and how to fix them:

1 OVERTRAINING

"What we observed over the quarantine period is that a lot of people resort to randomized programs—stuff they see on social media or stuff their friends are doing—that they simply aren't ready for," said Clifton Hempstead, personal trainer and co-founder of Anthos Training Clubs.

Hempstead said a lot of these programs are high-intensity and designed to make you feel exhausted. Instead, he said you should seek out a program that is working toward a goal, with exercises you're capable of doing.

"A lot of people shouldn't be jumping around and moving side-to-side," Hempstead said. "They're doing all these exercises that they haven't developed the prerequisites for."

Training beyond your limits can result in injury, he said: "You might develop tendonitis in the knees; you might hurt an ankle," he said. "Those (high-intensity) workouts are meant to beat you up, and that's fine every once in a while, but to do that constantly ... can be a recipe to hurt yourself."

2 WEIGHTLIFTING

Alysha Bazan, trainer and fitness director at CrossTown Fitness, said weightlifting is one of the most common exercises she sees performed incorrectly—especially deadlifts, in which people will sometimes round their back while lifting.

"Take your time and don't rush through the movement. Make sure that you're stabilizing your core," she said. "Make sure you're doing the form properly without the weights first before loading it up."

Home exercisers may not know how to plan a workout either, Bazan said: "Like, not knowing the proper exercises to pair together, especially if they're loading up the weight, or how many reps and how many sets that they're doing."

Bazan said you can lift safely at home, and it might not require as much equipment as you think. "It seems like a lot of people have like one or two pieces of equipment at home—which is great and you can do a lot of things with the one piece of equipment," Bazan said. "Especially if people have one dumbbelll or one kettlebell, you can do a lot of single-sided exercises."

3 WATCH YOUR FORM

A lot of home workout programs that don't require equipment include exercises such as planks, squats, push-ups and sit-ups. But having bad form can lead to injury, said Alex Nsiah-Kumi, trainer and owner of Paramount Personal Training.

When doing squats or lunges, your knees and toes should be going the same direction. "So that, long term, your knees don't start bothering you," he said. "Rep after rep, doing it wrong adds up."

Planking can be hard on your lower back if you're not doing it right, Nsiah-Kumi said. "Make sure it's not going into your lower back at all. It should be more of a core thing. There should be no lower back tightness or pain."

If you can't perform an exercise, find a variation that scales it back to a point where you can have less pain, he said.

4 YOGA

Yoga is best done in the presence of an instructor, said part-time yoga instructor Whitney Katz, who teaches at Namaskar Yoga. But that's not always possible, even in in-person classes, she said: "Not being watched properly by a teacher has hurt me more than it's helped me."

Katz recommends making live, virtual classes part of your at-home yoga practice, especially if you're a beginner. Even over the internet, having an instructor watching can help you tune the poses to your body.

"There's not an ABC of bodies," she said. "We all have different anatomy, and what might feel great for one body might feel horrible for another."

But if you'd rather learn yoga through YouTube videos, Katz said it's important to take it slow. "'Beginner' doesn't always mean gentle," she said. "You can get into some pretty complicated things in a beginning class."

Katz said many video classes don't offer modifications of poses that might make them work for different bodies. "If something doesn't feel right, and you're taking a prerecorded class, back off," she said. "Don't go as far."

5 NOT LISTENING TO YOUR BODY

"You certainly are at risk for injury any time you exercise," said personal trainer Shane Schroeder. "You want to check with your doctor to make sure it's safe to start an exercise program."

Schroeder also recommends getting a trainer who can help you virtually. His service, Train With Shane, delivers his programs to clients through and app and he follows up with weekly coaching calls.

People who use a free online program for fitness should do so with caution, he said.

"Listen to your body," Schroeder said. If the pain goes beyond normal muscle burn or fatigue into joint pain, you might be injuring yourself. "Let your body be your guide."

Mayo Clinic Minute: The importance of stretching throughout your workday

With some gyms closed and a number of people working from home, the COVID-19 pandemic has made it more difficult for many people to get in their daily workout. Sedentary behavior, including sitting for long periods of time, can contribute to adverse health effects, including something referred to as "sitting disease."

In this Mayo Clinic Minute, Dani P. Johnson, a wellness physical therapist with the Mayo Clinic Healthy Living Program, demonstrates how to integrate more movement into your daily life.

Whether you're working in an office or from home, Johnson suggests taking breaks every 30-45 minutes throughout your day to perform some simple stretches.

"Our bodies can get stiff. You know, we're always kind of in this hunched-over position when we're at our desks and working, so we really want to open up our chest," says Johnson.

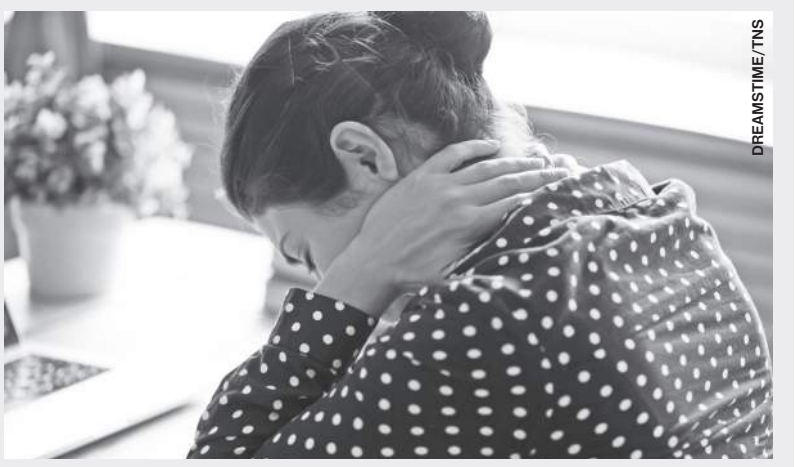
"One way to do that is just by doing some simple shoulder rolls, so just bringing the shoulders back and down."

"Another really great activity you can do using a wall is just coming to the wall, putting the back of your hands up on the wall, and just sliding your hands up and down nice and slow," says Johnson.

Don't worry if you don't have access to gym equipment. Johnson says your desk can be a great exercise tool. "Simply by putting your hands on the desk and stretching out, so you're moving your bottom back, bringing your arms forward," says Johnson.

Whether you try these stretches or take a break to go for a walk, all movement counts. ***(Mayo Clinic News Network)***

Mayo Clinic News Network is your source for health news, advances in research and wellness tips.



DREAMSTIME/TNS

Sedentary behavior, including sitting for long periods of time, can contribute to adverse health effects, including something referred to as "sitting disease."

Life & Style

Chrissy Teigen and John Legend grieve their miscarriage

AP

This Feb. 9, 2020 file photo, Chrissy Teigen, left, and John Legend arrive at the Vanity Fair Oscar Party in Beverly Hills, Calif.

LOS ANGELES (AP)—Chrissy Teigen said she and John Legend are in "deep pain" following her miscarriage, which she announced in a heart wrenching social media post.

Teigen wrote that they were "driving home from the hospital with no baby. This is unreal."

"We are shocked and in the kind of deep pain you only hear about, the kind of pain we've never felt before. We were never able to stop the bleeding and give our baby the fluids he needed, despite bags and bags of blood transfusions. It just wasn't enough," she wrote in a post late Wednesday, alongside a picture of herself in tears on a hospital bed. Another image showed her and Legend grieving together over a bundle cradled in her arms.

Revealing they had chosen the name Jack, the model and the musician wrote of their love for their lost son, who would have been their third child.

"To our Jack - I'm so sorry that the first few moments of your life were met with so many complications, that we couldn't give you the home you needed to survive. We will always love you," she wrote.

Legend retweeted her post, adding "We love you, Jack."

Teigen announced she was pregnant with her third child in August. She had been been hospitalized with excessive bleeding earlier in the week.

Thanking those who have been sending "positive energy, thoughts and prayers," Teigen concluded, "We are so grateful for the life we have, for our wonderful babies Luna and Miles, for all the amazing things we've been able to experience. But everyday can't be full of sunshine. On this darkest of days, we will grieve, we will cry our eyes out. But we will hug and love each other harder and get through it."

Rihanna on new album: 'I just want to have fun with music'

Rihanna

NEW YORK (AP)—It's been four years since Rihanna released an album but the singer is working hard on recording new music.

The pop star, 32, told The Associated Press for her new album she's already held "tons of writing camps"—where songwriters are put into groups to create original tracks for artists.

Now, she said she's asked herself the questions: "What do I feel personally? What do I want to put out, and as an artist, how do I want to play it with my art? How do I want to interpret that?"

"How do I want to reimagine it because it's been so structured before," Rihanna continued in a recent interview.

The multi-genre artist who has won Grammys in the R&B, dance and rap categories added: "You do pop, you did this genre, you do that, you do radio, but now it's just like, what makes me happy? I just want to have fun with music. Everything is so heavy. The world that we live in is a lot. It's overwhelming every single day. And with the music, I'm using that as my outlet."

Rihanna's "ANTI," the singer's eighth album released in 2016, was a critically acclaimed effort, launching multiple hits such as "Work," "Love on the Brain," "Needed Me" and more. Overall, Rihanna›s achieved 14 No. 1 hits on the Billboard Hot 100 chart since making her debut in 2005. She›s accumulated 31 Top 10 hits on the chart.

Prince Harry speaks about race, marks UK Black History Month

LONDON (AP)—Prince Harry has spoken about his "awakening" to race issues as he and his wife, Meghan, launched an anti-racism campaign to mark Black History Month in the U.K.

In a video interview with the Evening Standard newspaper published Thursday, Harry said London sometimes "doesn't feel as diverse as it actually is" and that he wanted to use his celebrity to raise awareness about the Black community and the challenges it faces.

He stressed that his and Meghan's campaign wasn't about "pointing the finger, it is not about blame."

"This is about learning. And about how we can make it better," he said, speaking from the couple's home in Santa Barbara, California.

The couple released a list of Black people recognized for challenging prejudice, calling them "next gen trailblazers," along with an opinion piece in the newspaper.

David and Nicola Yoon launch YA imprint for people of color

NEW YORK (AP)—Best-selling authors David and Nicola Yoon are launching a Random House Children's Books imprint for young adult romance novels by and about people of color. They are calling the imprint Joy Revolution and plan to release the first books in 2022.

"I loved romantic comedies and romance novels when I was younger. Loved the meet-cutes, the breakups, the make-ups, and the final chase scene followed by the big speech declaring one person's love for the other," Nicola Yoon said in a statement Thursday, citing such films as "Moonstruck" and "The Princess Bride," along with Harlequin romances.

"But as much as I loved those titles, they always left me with nagging questions: Where were the girls who looked like me? Didn't Black girls ever fall in love?"

Taiwanese talent win top prizes at Golden Melody Awards

TAIPEI, Taiwan (AP)—Taiwanese talent took home many of the top prizes Saturday at the island's annual Golden Melody Awards, which attracts celebrities and musicians from across the Chinese-speaking world and is the regional equivalent of the Grammy Awards.

Wu Qingfeng, a Taiwanese singer, won Best Male Vocalist in Mandarin for his first solo album "Spaceman."

Waa Wei, another Taiwanese singer, won Best Female Vocalist in Mandarin for her 2019 album "Hidden Not Forgotten." She cried as she accepted her award, thanking her parents in "heaven."

Taiwanese singer Abao, who had eight nominations, won three awards for her album "Kinakaian (Mother Tongue)," including Album of the Year. Abao, who is a member of Taiwan's minority tribes, sings in a mixture of languages, including her tribe's Paiwan language.

Unhappy wife wants out of marriage to a good man

DEAR ABBY: I'm 54 and afraid to tell my spouse I want a divorce even though I'm in an unhappy marriage. I told him years ago that I no longer loved him and didn't want to be married anymore. His reply, "I have enough love for both of us."

This year will be our 15th together. I am spouse No. 3. I think he thinks that if there isn't another person I'm in love with that we can continue like this. I feel it's just time for me, and I'm tired of always being somebody's something. I have thought of moving out, but money is an issue, and I have nowhere to go. I hate confrontations, and he is a good man, but I am truly beginning to hate him. Any advice?

MISERABLE IN THE EAST

DEAR MISERABLE: Just a word of caution: The grass is not always greener on the other side of that fence. However, because you feel that remaining with your husband is intolerable, begin planning your exit. Line up a job and a place you can afford in which to live. Upgrade your marketable skills, if necessary.

Remember, your husband has been through this before, so he is a veteran at divorce. Before making ANY more announcements, discuss this with an attorney so you can protect yourself.

DEAR ABBY: I'm at a total loss, heartbroken and need some advice. My husband and I are both over 60 and have been married for 20 years. He has this insane idea that I have a diary. Abby, I don't have a diary. I have never had one, and I don't plan on ever having one.

Short of taking a polygraph test, I can't convince him to believe me. He told me that unless I let him review my diary, he doesn't want to be with me anymore! He has completely stopped communicating with me. I hurt so bad I can hardly stand it.

ALL CRIED OUT

DEAR ALL CRIED OUT: Your letter is a first. Is your husband losing it? Is he on medications that have altered his mental abilities? His fixation and insecurities are off the chart.

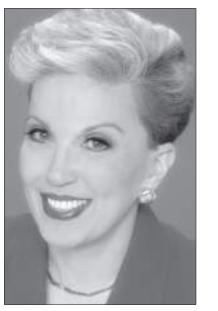
You do not have to tolerate his passive aggression. The first thing you need to do is talk with his doctor about what has been going on. Your husband may need a physical and psychological evaluation. Please don't wait.

DEAR ABBY: I would like to get some feedback on my soon-to-be-empty nest. Our last dog is approaching 18 years old, and I would like to adopt another cat or dog. My husband wants to wait at least a year with no pets in the house before possibly considering getting another animal. I grew up with pets and can't imagine what it would be like without one. What to do?

ANIMAL LOVER IN FLORIDA

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE



Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

DEAR LOVER: With an open mind, discuss this further with your husband. You need to understand his reasons for feeling the way he does about this. As you already know, a fur baby is a serious responsibility, and when the quarantine ends and things return to normal, he may want the two of you to travel. Because you have had your sweet dog for so many years, slow down. Both partners should be onboard with the timing for adding a pet to the household.

To receive a collection of Abby's most memorable – and most frequently requested – poems and essays, send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby – Keepers Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price.

Pastimes

Calvin and Hobbes

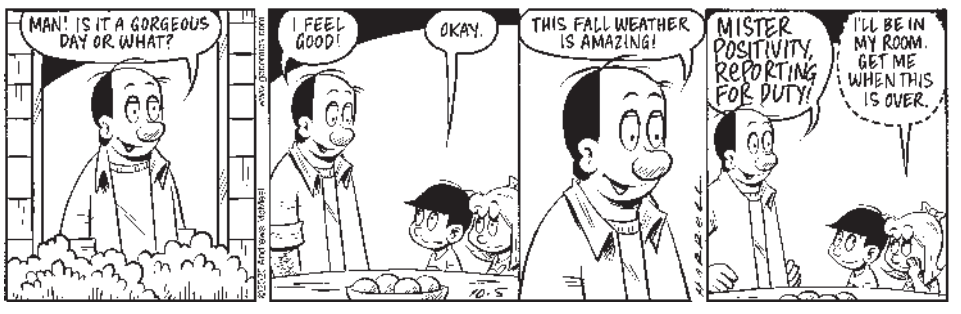
By Bill Waterson

Garfield®

By Jim Davis

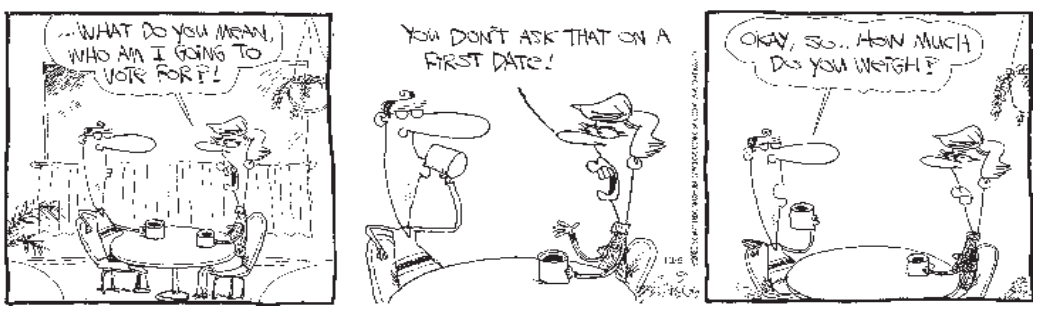
Adam@home

By Bryan Basset


MAN! IS IT A GORGEOUS DAY OR WHAT?
I FEEL GOOD!
OKAY.
THIS FALL WEATHER IS AMAZING!
MISTER POSITIVITY REPORTING FOR DUTY!
I'LL BE IN MY ROOM. GET ME WHEN THIS IS OVER.

The Duplex

By Glenn McCoy



CROSSWORD

By Eugene Sheffer

ACROSS

1 911 responders
5 "The X-Files" org.
8 Vipers
12 Stead
13 Goof up
14 Yuri Zhivago's love
15 Nest egg choices
16 Busy street
18 Deli meat
20 Atomizers
21 1492 vessel
23 Slowing, in music (Abbr.)
24 Entree
28 Ham's dad
31 Crib
32 Imam's faith
34 "Today" rival, briefly
35 — Romeo
37 Square-rigger need
39 Check-cashing needs
41 Item on stage
42 Renowned
45 Droid's rival
49 Principal artery
51 Novelist Hunter
52 Wine region
53 Monopoly buys (Abbr.)
54 Incursion
55 GPS suggestions
56 Consume
57 Right angles

DOWN

1 Yale students
2 Actress Sorvino
3 Pond duck
4 "Valley of the Dolls" author Jacqueline
5 Gloria Steinem's cause
6 Bikini half
7 Rainbow
8 Apollo 11 astronaut
9 1777 battle site
10 Use a rosary
11 Droops
17 "Fresh Air" airer
19 Calf-length
22 Get — on the wrist
24 CEO's deg.
25 Have a bug
26 Never-ending
27 Most precarious
29 Paris pal
30 "2001" computer
33 L-Q bridge
36 Handsome guy
38 Orb
40 Cardinal cap letters
42 Actor Epps of "This Is Us"
43 Speedy
44 Green land
46 Cameo shape
47 Hammer target
48 Termini
50 Big D.C. lobby

Solution time: 26 mins.

N	P	R		M	A	S	C		C	I	O	G
O	O	O		C	M	E	R		H	A	R	P
T	O	P	S	T	O	R	Y		E	G	G	S
S	L	E	E	T	S		S	P	A			
			T	C	T		T	O	P	C	O	P
A	T	I	A	S		C	A	T		H	M	O
B	O	O	T		P	A	L		R	E	I	D
I	T	O		T	L	B		W	A	F	T	S
T	O	P	T	F	N		P	A	D			
			H	A	S		O	R	A	T	E	S
M	A	J	I		T	O	P	P	R	I	Z	E
A	N	N	E		E	L	I	E		E	R	A
R	O	O	F		R	E	N	D		D	A	M

Last Friday's Answer 10/05

1	2	3	4	■	5	6	7	■	8	9	10	11
12				■	13			■	14			
15				■	16			17				
18				19		■	20					
■	■	■	21			22	■	23			■	■
24	25	26					27	■	28		29	30
31			■	32				33	■	34		
35			36	■	37				38			
■	■	39		40	■	41				■	■	■
42	43				44	■	45			46	47	48
49						50		■	51			
52				■	53			■	54			
55					56			■	57			

STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Jesse Eisenberg, 37; Scott Weinger, 45; Kate Winslet, 45; Guy Pearce, 53.

Happy Birthday: Moderation, discipline and strategy will play an important role in the way you do things this year. Refuse to let anyone talk you into something costly, risky or that leaves you in a precarious position. Focus on health, fitness and taking care of unfinished business. What you accomplish will be rewarding and pave the way to new beginnings. Your numbers are 7, 12, 22, 25, 34, 36, 43.

ARIES *(March 21-April 19):* Take care of business. Put professional responsibilities first. Leave no room for error, and be prepared to make adjustments to maintain a good rapport with your peers and superiors. A partnership will change the way you live. Avoid emotional spending. ✪✪✪

TAURUS *(April 20-May 20):* Your ideas will lead to opportunities. Discuss your plans with someone who shares your concerns and your interests. A romantic gesture will encourage someone you love to be vocal about his or her intentions. Personal improvements will fetch compliments. ✪✪✪

GEMINI *(May 21-June 20):* Keep your thoughts and emotions to yourself. Refuse to let anyone take advantage of you or what you have to offer. Concentrate on whatever will benefit you the most. You are better off handling a change you want to make secretively. ✪✪✪

CANCER *(June 21-July 22):* The way you handle others will help you bring about the changes you endorse. Stand up for your rights, and be the one to make a difference. Your strength and courage will be recognized and appreciated. Romance is on the rise. ✪✪✪

LEO *(July 23-Aug. 22):* Refuse to let the changes others make lure you down the wrong path. Emotions will be prevalent if you can't come to terms with what's right and best. The research will help you find alternative ways to use your skills. ✪✪

VIRGO *(Aug. 23-Sept. 22):* Trust and believe in what you are capable of doing. Bring about the changes that will improve your life and your emotional well-being. Personal growth will open doors to new beginnings. Love and romance are in the stars. ✪✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Be open to suggestions, but don't be gullible enough to get involved in something that isn't budget-friendly. Trying to please others or being generous with your time or money will cause undue stress and limit your chance to advance. ✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Take a strong position if you want to get things done your way. A passionate approach will help bring about positive change. A discussion with a friend or relative will be enlightening. A romantic gesture will make your day. ✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Take care of unfinished domestic business. The changes you make at home will encourage you to take better care of your health and well-being. Make a point to only trust verified information. You will be taken advantage of if you are too unsuspecting. ✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Follow through with your plans, and you will be happy with the results. You can negotiate, take care of pending problems, sign contracts and make personal changes that will enhance your reputation, position or job prospects. Romance is favored. ✪✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Don't make decisions while under emotional duress. Ask questions, consider everyone's motives and have confidence in what you can confirm. Handle pressing money matters with care. Joint ventures will lead to legal repercussions. ✪✪

PISCES *(Feb. 19-March 20):* Take care of unfinished business. What you do for others will be rewarded. A change in the way you earn money or handle your financial affairs will be profitable. A chance to reconnect with someone will be eye-opening. Romance is in the stars. ✪✪✪✪

Birthday Baby: You are smart, secretive and persistent. You are charismatic and entertaining.

Visit Eugenialast.com, or join Eugenia on Twitter/Facebook/LinkedIn.

SUDOKU

Conceptis Sudoku *By Dave Green*

4				7		3		8
				3		2		
2	7			1	5			
		8	7		9			
3	2	9		5		6	1	7
			3		1	9		
			2	8			9	4
		6		9				
1		2		4				6

Difficulty Level ★ 10/05

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

1	4	2	5	7	8	3	9	6
6	5	9	1	3	4	7	8	2
8	7	3	6	9	2	5	1	4
5	9	4	3	8	7	6	2	1
7	2	6	9	4	1	8	5	3
3	8	1	2	5	6	4	7	9
4	6	5	8	2	9	1	3	7
9	3	7	4	1	5	2	6	8
2	1	8	7	6	3	9	4	5

Difficulty Level ★★★★ 10/05

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WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

DON'T LET YOUR GUARD DOWN Solution: 8 letters

D	I	O	V	A	V	T	S	I	F	Y	L	E	E	F
E	N	E	E	R	C	S	S	O	F	R	F	R	G	O
V	S	P	I	C	E	B	R	I	L	A	G	A	F	C
E	I	I	E	N	O	T	R	A	S	W	N	W	A	U
I	S	H	I	X	I	Ⓜ	Ⓛ	Ⓐ	Ⓒ	E	O	A	I	S
L	T	S	I	F	S	M	P	R	I	O	R	I	T	Y
E	U	N	Y	N	P	U	P	O	E	N	T	S	H	L
B	G	O	G	O	A	R	O	R	S	G	S	H	E	A
A	U	I	O	I	R	E	E	I	O	E	D	I	T	C
R	A	T	L	T	R	A	P	S	C	V	D	E	A	I
R	R	A	O	O	I	D	O	T	E	I	E	L	L	T
I	D	L	P	M	N	Y	H	S	T	R	P	D	E	P
E	I	E	A	E	G	A	R	U	O	C	V	S	R	E
R	N	R	R	E	T	C	A	R	A	H	C	E	U	K
S	G	P	R	O	T	E	C	T	R	O	P	P	U	S

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Apology, Avoid, Aware, Barriers, Believe, Boxing, Business, Calm, Character, Composed, Courage, Emotion, Faith, Feel, Firm, Focus, Fortify, Guarding, Hope, Improve, Insist, Pledge, Preserve, Priority, Protect, Ready, Relate, Relationship, Resist, Safe, Screen, Shield, Skeptical, Sparring, Strong, Support, Suspicious, Tone, Trust, Wary

Last Friday's Answer: Phones

To purchase **WONDERWORD** books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

Lakers picked good time for winning streak over Heat

FLORIDA (AP)—The first 10 matchups between the Los Angeles Lakers and Miami Heat all were basically the same. The Lakers won them all, eight of the 10 by double figures.

The Lakers haven't had such a sustained run of success against the Heat again until now.

When the NBA Finals resume at Walt Disney World with Game 3 on Sunday night, the Lakers will be trying to beat the Heat for a seventh consecutive time. The Lakers haven't lost to Miami since a 92-91 decision on March 16, 2018.

The Lakers are 4-0 against Miami so far this season, three of the four wins by at least 10 points.

Miami's best run of success against the Lakers was a seven-game winning streak from Jan. 17, 2013 through Nov. 10, 2015.

The Lakers now lead the all-time series between the clubs, 39-27. And the team that has LeBron James on the roster has won 10 consecutive games in the series.

AP

Miami Heat's Jimmy Butler, left, defends as Los Angeles Lakers forward Anthony Davis looks to move to the basket during the first half of Game 2 of NBA Finals, Friday, Oct. 2, 2020, in Lake Buena Vista, Fla.

From deep

Coming into these playoffs, the most 3-point attempts the Lakers had ever tried in a postseason game was 32—back in 2010 against Phoenix.

That is now tied for ninth-most in team history.

The long-range assault around the league these days also includes L.A., where the Lakers smashed a franchise record for 3-point tries in an NBA Finals game by trying 38 in Game 1—then smashed it yet again by attempting 47 in Game 2.

The 47 3-point attempts are the most in any Lakers game, ever.

"We're going to continue to encourage our guys to shoot those shots," Lakers forward Anthony Davis said. "If you're open, there should be no hesitation whether you should shoot the three or not, no matter if you're 0-for-10 or 0-for-whatever. You want you to keep shooting because we know those shots are going to fall for us."

Davis said the Heat "want you to shoot the 3," and he's apparently right. The 47 3's by the Lakers were the most the Heat have seen attempted against them in a playoff game—breaking the record of 46 set last Sunday by Boston, when Miami closed out the Eastern Conference finals.

Miami has let teams take more than 36 3-pointers in a playoff game eight times in franchise history—all of them this year.

Dynamic duo

James scored 33 points and Anthony Davis had 32 in Game 2, marking the 14th time that Lakers teammates had at least 32 points in the same NBA Finals game.

Elgin Baylor and Jerry West did it eight times. West and Wilt Chamberlain did it once, as did the duos of Magic Johnson and Jamaal Wilkes, Kareem Abdul-Jabbar and James Worthy, Kobe Bryant and Shaquille O'Neal, and George Mikan and Vern Mikkelsen.

Davis had 14 rebounds and James had nine on Friday. Add that to the parameters—teammates with at least 32 points and nine rebounds in a finals game—and the list gets a lot shorter. Johnson and Wilkes did it on May 16, 1980; Mikan and Mikkelsen did it on April 20, 1952. That's it.

Before Friday, there was only one other instance in the last 40 years of teammates having at least 32 points and nine rebounds in the same game: Stephen Curry and Kevin Durant did it for Golden State on June 4, 2017.

Climbing the charts

Miami rookie Tyler Herro is up to 278 points so far in the playoffs. On Friday he passed Donovan Mitchell (268) and Jerry West (275) for eighth in a single postseason by a rookie.

With at least two games left this season, Herro could get into the top five or better.

He's 15 points behind No. 7 Magic Johnson, 21 points behind No. 6 Wilt Chamberlain and 23 points behind No. 5 Jack Sikma.

"Whatever the team needs me to do, I try to do to the best of my ability," Herro said. "Obviously, I can always be better."

The rest of the rookie playoff scoring list: Kareem Abdul-Jabbar leads the way with 352 points, Jayson Tatum had 351, Alvan Adams had 341 and Elgin Baylor had 331. The Heat will almost certainly have to win at least one and possibly more games in this series for Herro to have enough time at making a serious run at the rookie postseason record.

Adebayo, Dragic doubtful for Game 3

Heat center Bam Adebayo (neck strain) and guard Goran Dragic (plantar tear) were both listed as doubtful for Game 3 on Saturday's injury report. Adebayo and Dragic have already missed Game 2 against the Los Angeles Lakers after exiting Game 1 with injuries.

Both players are key parts of the Miami offense, and Adebayo would be a massive loss for the Heat's defense in the paint. Adebayo was a first-time All-Star during the regular season with 15.9 points, 10.2 rebounds and 5.1 assists per game, while Dragic ranked second on the team with 16.2 points and 5.1 assists per game.

NBA players unlikely to compete in Tokyo Olympics

FLORIDA—Postponed for a year due to the coronavirus pandemic, the Tokyo Olympics are set to begin July 23, 2021. While there are still plenty of logistical questions to be answered, the games are moving forward.

NBA players likely will not be there.

The next NBA season will not start until January of 2021 (at the earliest). In an interview on NBATV Friday night before Game 2 of the NBA Finals, Commissioner Adam Silver said it is unlikely the NBA will take an NHL-style break so its players can take part in the Olympics.

"I think it's unlikely, at the end of the day, that, if we start late, we would stop for the Olympics," Silver said. "Because, as you know, it's not just a function of stopping for the period in which they are competing over in Tokyo. But they require training camp, and then they require rest afterwards."

NBA owners took a financial hit this season, losing the final 20% of the season and having the playoffs inside a bubble without fans. Those owners want a full 82-game schedule next season with fans in the buildings for as much of it as possible. That means starting later, with a season that likely runs past the opening of the Olympics and an entire playoffs still ahead.

While no NBA players in the Tokyo Olympics would hurt Team USA, it would devastate other countries whose best players are in the league and don't have the depth of talent America does. What does the French team look like without Rudy Gobert, Evan Fournier, Frank Ntilikina, and Nicolas Batum? Or Australia without Ben Simmons, Patty Mills, Joe Ingles, and Aron Baynes. What about Spain without Marc Gasol, Ricky Rubio, and Juan Hernangomez. Even host Japan would be without Rui Hachimura.

"There are so many incredible players, beginning with the USA team, we'll be able to field a very competitive team," Silver said. "I am a bit worried about some of the international teams, because, as you know, some of their stars play in our league, and their absence would make a huge difference for those national teams. Having said that, I'd only say these are such extraordinary circumstances that, even if we set out to plan for the Olympics, how can they even know what the world is going to be like next summer and whether they can go forward? So I think during these extraordinary times, all the conventional rules are off the table."

The Tokyo Olympics will feature both traditional 5×5 basketball, plus the debut of 3×3 basketball as a medal sport. It's unlikely current NBA players would take part in 3×3, there is a full international league of players for that sport (with many American players competing in it).

Meanwhile, At first it was supposed to be Mike D'Antoni's job, he was linked to the position even before it was open. Then Billy Donovan got an interview before he took the Chicago job.

Now comes a list of people interviewing this week to be the next Pacers' coach, including former Grizzlies/Kings coach Dave Joerger and Pelicans assistant Chris Finch.

Joerger was mentioned as a contender for this job not long after Nate McMillan was fired. Joerger is a strong tactician whose teams perform well, but he clashed with the front office in Memphis and Sacramento. Finch was part of a long list of top assistant coaches expected to interview for the job.

After not landing the Philadelphia job (Doc Rivers), D'Antoni is still available to be the next Pacers' coach. Does Indiana want to pay a little more for a proven NBA coach, or try to find the next Nick Nurse—a creative top assistant who can transform a team?

The cupboard is not bare in Indiana, this is a roster that has Victor Oladipo, Domantas Sabonis, Malcolm Brogdon, T.J. Warren, and Myles Turner. Management in Indiana wants a coach who will modernize the offense, getting the team to play faster and shoot more threes (Joerger and D'Antoni have a history of coaching that style, but other coaches can do it as well). Exactly what changes are coming to the roster also will impact the style of play. ***(AP/NBC)***

Newton tests positive; Pats-Chiefs game off

AP
Las Vegas Raiders defensive lineman Maurice Hurst (73) tackles New England Patriots wide receiver Julian Edelman (11) in the first half of an NFL game, Sunday, Sept. 27, 2020, in Foxborough, Mass.

KANSAS CITY—The NFL postponed this week's game between New England and the Super Bowl champion Kansas City Chiefs after "positive COVID-19 tests on both teams." Patriots starting quarterback Cam Newton and Chiefs practice squad quarterback Jordan Ta'amu were both added to the NFL's COVID-19 reserve list released on Saturday afternoon.

The NFL said Saturday that the game, originally scheduled for 4:25 p.m. EDT on Sunday, will be played Monday or Tuesday, a move that would be possible only if there is no wider spread of the disease on the rosters.

Newton has started all three games for New England. Ta'amu has not appeared in a game but would have spent time in meetings with Super Bowl MVP Pat Mahomes and the team's other QBs.

Newton's agent did not immediately respond to a message from The Associated Press seeking comment.

It is the second game this weekend that has been affected by COVID-19. After an outbreak on the Titans, the matchup between Pittsburgh and Tennessee was postponed—originally for a day or two, and then until Oct. 25 as the positive tests accumulated.

To fit it in, the Steelers' game against Baltimore that day was pushed back to Nov. 1.

The Patriots had been planning to fly to Kansas City on Saturday afternoon. Instead, players left the facility to await further instructions. The team said in a statement that the COVID-positive player has entered self-quarantine and that players, coaches and staff who were in close contact with him were tested Saturday morning and all were negative.

With Newton now unavailable while he quarantines, Brian Hoyer is expected to start in his place. He has been Newton's backup in each of the Patriots' previous three games.

How long Newton is sidelined is to be determined.

According to NFL guidelines, for players who test positive and are showing symptoms at least 10 days must pass between when symptoms first occurred and 72 hours since symptoms last occurred. In that scenario a player would likely miss a minimum of two games.

But if a player tests positive and is asymptomatic, he can return 10 days after the initial positive test or just five days if he has two consecutive negative tests.

Earlier this week, Patriots defensive back Devin McCourty said the league might have grown overconfident after making it through training camps and the first two weeks of the season without a major outbreak.

"But at the end of the day, we are in a pandemic," he said. "So what happened in Tennessee, although it kind of shocks us, it's not really surprising. I think we all knew at some point we might get some positive tests.

"So it's like, `We got this," he said. "I think this is just a little shocker, but it's also a wakeup call, like `Hey, the virus is still here and it will affect any and everybody. It doesn't care that we're trying to play football."

If the game is played Tuesday night, it puts the Chiefs in a considerable bind. They are scheduled to play the Las Vegas Raiders the following Sunday, then have a Thursday night matchup in Buffalo four days later. That means the defending Super Bowl champions could face the prospect of playing three games in just nine days.

It's also possible the NFL could reschedule the Bills-Chiefs game, giving Kansas City a bit of a reprieve.

Titans outbreak reaches 18

On Saturday, the Titans added defensive lineman Jeffery Simmons to the reserve/COVID-19 list. Two staff members also tested positive for COVID-19, raising the team's total to 18 since Sept. 24, a person familiar with the situation told The Associated Press.

Since outside linebacker coach Shane Bowen's test result came back positive on Sept. 26, the Titans have had now eight players and seven other team personnel tested positive.

Meanwhile,

New Orleans Saints fullback Michael Burton has tested positive for COVID-19.

The Saints are now reportedly awaiting test results for six other players who were in close proximity to Burton on the Saints' team flight to Detroit, including Alvin Kamara, as well as a re-test for Burton.

'Bottom-feeding' Marlins making a splash in playoffs

MIAMI (AP)—Their T-shirts say Bottom Feeders, even though the Miami Marlins are showing they're a different kind of fish in 2020—the sort that rises to make a splash.

Surprising Miami has advanced to MLB's final eight, disproving disparaging adjectives so often applied to the long-suffering franchise by detractors. That includes Ricky Bottalico, the former All-Star reliever and current Philadelphia Phillies' broadcaster who described the Marlins early in the season as "bottom feeders."

"Everybody thought that about Marlins—they were a team you should beat up on," Bottalico said in a phone interview Saturday. "And they proved everybody wrong. Good for them."

Instead, the Marlins made the playoffs for the first time since 2003, swept the Chicago Cubs in this week's wild-card round, and advanced to the best-of-five NL Division Series to face the Atlanta Braves beginning Tuesday in Houston.

"I don't think we're going to be satisfied," manager Don Mattingly said. "We're going to be looking to win."

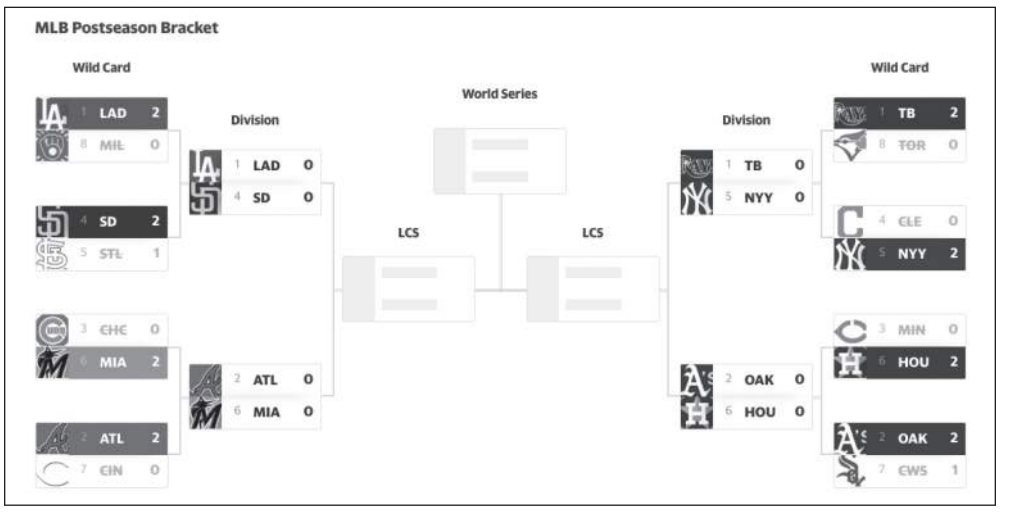
Don't count them out: This is a franchise that tends to be an also-ran in the summer but dominant in October, with a 7-0 record in postseason series. That includes World Series titles in 1997 and 2003.

After holding the Cubs to one run and nine hits in two games, the Marlins posed for a team photo in the Wrigley Field infield. A few players wore masks, the rest wore grins, and all wore Bottom Feeders T-shirts.

"It's a mindset," said first baseman Garrett Cooper, who hit a pivotal homer in Thursday's 2-0 win. "You take that to heart and you try to stick it to everybody, because we don't get the respect we think we deserve. It's a great mantra, because it shows everybody is riding on the same train."

Bottalico, who pitched 12 years in the majors, said he's shocked to see the Marlins literally wearing his words, but salutes them for finding motivation wherever they could.

"I'm not mad about it," he said. "You've got to give them a lot of credit. Nobody—nobody—was thinking they were going to play as well as they did."



By bouncing back from a 105-loss year in 2019, and then from a coronavirus outbreak in July that sidelined more than half the team, Derek Jeter's Marlins have earned some respect. Nonetheless, they're the biggest underdogs in next week's round, partly because Miami has been Atlanta's perennial punching bag in the NL East.

The Braves went 29-9 against the Marlins in 2018-19. Coincidentally, on Sept. 9 they beat the Marlins by that same eye-popping margin: 29-9.

Miami won four of 10 games against the high-scoring Braves this year.

Djokovic leads been-there-done-that crew

AP
Novak Djokovic of Serbia returns to Daniel Elahi Galan of Colombia during the third round match in the 2020 French Open at Roland Garros on October 03, 2020 in Paris, France.

PARIS (AP)—Surprising results and "Who is that?" stories abound as this one-of-these-is-not-like-the-others French Open heads to the fourth round — with the wild-card entry, the pair of qualifiers and the group of men and women who keep advancing in their tournament debuts.

And then there are the known quantities still around, the been-there-done-that crew, led by No. 1-seeded Novak Djokovic, who reached the round of 16 for the 11th consecutive year, equaling a record held by his Big Three rivals, Rafael Nadal and Roger Federer.

Forget the idea of an early upset or even slightest upstaging of Djokovic. He is outclassing opponents and making every contest uncompetitive, yet again ceding merely five games—as he has each time out so far on this trip to Roland Garros—in a 6-0, 6-3, 6-2 victory Saturday over 153rd-ranked Daniel Elahi Galan.

"If you impose yourself from the very beginning on the court, which I have in those first three matches here," said Djokovic, who is 34-1 in 2020 as he bids for a second French Open championship and 18th Grand Slam title in all, "then it makes it hard for them to really believe that they can come back and make a turnaround in the match."

Galan confirmed as much.

"Of course he's superior (to) me, but you also feel like you have to make everything perfect or you will lose zero, zero and zero," Galan said. "And I was (down 6-0, 2-0), and I was worried about it."

Djokovic was concerned, truly, by just one matter: the rain that was falling.

As he said to chair umpire Jaume Campistol, "What is the reason for not closing the roof if we have it?"

Seems reasonable.

Didn't seem to affect Djokovic's play, though.

The drop shot and lob combinations were working well. The reflex returns of 125 mph (200 kph) would-be aces were impeccable.

And those forehands?

"It was like a rocket. Every forehand," said Galan, who called that stroke far more impressive in person than on TV. "I was not able to even react."

Eventually, but only after Galan slipped behind the baseline while trying to change directions and Djokovic checked on him, play was paused and the $55 million retractable cover was shut.

Djokovic kidded around with the grounds crew, even grabbing a broom to help sweep the lines before action resumed.

No. 2-seeded Nadal, the 12-time champion in Paris, and No. 3 Dominic Thiem, the runner-up to him the last two years, both play in the fourth round Sunday against 20-year-old opponents who are ranked outside the Top 200. Nadal faces Sebastian Korda, the American who went through qualifying, while Thiem meets Hugo Gaston, the Frenchman who got in via a wild card.

Those are the sorts of newcomers filling the field this year—only six of the 16 women left are seeded; 10 of the remaining men are—prompting various theories for why.

Is it the extra rain and chill and slower courts, courtesy of the September-October dates instead of the standard May-June, a switch made because of the coronavirus pandemic? Is it the limited number of folks in the stands—1,000 allowed daily, instead of more than 30,000—also on account of COVID-19? Is it the lack of matches for anyone, because of the sport's more than five-month hiatus that began in March?

Is it the specific dearth of clay-court preparation? Is it the two-week gap from the end of the U.S. Open to the start of the French Open?

FEGER

From Page 20

have players from every major island group in Micronesia who have played Rocball at Marianas High School," Feger said.

Rocball is played both in indoor and outdoor. It is a game derivative of volleyball (and uses a goal like soccer) with its roots of play inspired by the Meso-American sport of Tlachtli. Rocball's offensive and defensive multiple points scoring system is played under a quarter/set rules of play. The quarter/set system is a combination of the clock system in which teams win a game by total points scored within a specific amount of playing time, and the set system where the winner of a game is based on the amount of time it takes to win a certain number of sets. ***(PR)***

SATUR

From Page 20

der 64, while Atalig and Peter had the similar scores to drop to third with their 7-under 65.

Meanwhile, in the double peoria category, Alex Tudela and John Rebuenog took the first place honors after recording a net 67.20. The registered a handicap of – 1.20 and gross 66 after shooting a 34 and 32 on the front and back nines, respectively.

Joining Tudela and Rebuenog in the Top 3 were the duo of Christine Route and Joe "Kamikaze" Camacho and the pair of Gov. Ralph DLG Torres and Alex Sablan. Kamikaze and Route, who had a zero handicap, notched second place after tallying gross and net scores of 69 (36 on the front nine and 33 on the back), while Torres and Sablan posted a net score of 69.40 after deducting their 9.60 handicap from their gross score of 79 (41 in the first nine holes and 38 in the last).

Meanwhile, Demapan thanked the more than 130 players who joined last weekend's competition and acknowledged the following sponsors of the event: Hive Analytics; Helios Engineering Group; Seaside Restaurant; Latte Stone Hotel; Tribe Marianas; Stitched Hat Co.; Annie's Ice Cup; Jesse and Wawa Atalig; Karl Nabors, Cecilia Taitano; Daniel Aquino; Roy Ada; Randall Pangelinan; Reps. Joseph Guerrero, Peter, John Paul Sablan, Ralph Naraja, and Ivan Blanco; Sen. Sixto Igisomar; and Senate President Victor Hocog.

Demapan added that he is planning to have the #WeBelieve Golf Tournament as a regular event and name a beneficiary for the funds that will be raised in future competitions.

McDonald's supports Rotary golf tournament

McDonald's Saipan is sponsoring a hole-in-one prize in the Rotary Club of Saipan's Goodwill Golf Tournament that will be held this Saturday at the Laolao Bay Golf & Resort.

McDonald's Saipan and Guam owner/operator Marcia Ayuyu said they will be giving away $5,000 to the lucky golfer that will make an ace on the par-3, 155-yard hole No. 7 on the west course of the Kagman facility.

The cash prize from McDonald's is one of the five hole-in-one prizes in the Rotary Club of Saipan's fundraising event. Triple J Motors, Atkins Kroll Saipan, and Joeten Motors are offering brand new cars as hole-in-one prizes, while Pacifica Insurance Underwriters, Inc. is sponsoring the other $5,000 prize for the ace.

Rotary Club of Saipan president Sonya Dancoe said they are holding the golf tournament in place of the organization's signature event—the Las Vegas Night—which they decided to forgo this year due to the COVID-19 pandemic. Despite the cancelation of the Las Vegas Night and the challenging times that we are facing right now, Dancoe said they are thankful for the support they are getting from the community for the golf fundraiser.

Ayuyu, meanwhile, acknowledged the difficult times that we are in due to the pandemic, but would like to assure the Rotary Club of Saipan that McDonald's remains committed to the organization and its goals of helping the community.

"I know how tough it is to raise funds for an organization," said Ayuyu, who used to be Rotary's president. Especially, at this time, but all the more that we need to step up and help the community. McDonald's Saipan and Guam will always do its best to assist our community."

Funds that will be raise from this weekend's golf tournament will be used for Rotary's community service and other projects. Dancoe said are looking at raising between $10,000 and $15,000.

"We want to be realistic with our target because we know we are in difficult times. We really appreciate everyone for supporting the Rotary Club and encourage them to come and join us in this tournament for a good cause," Dancoe said.

The Rotary Club of Saipan's Goodwill Golf Tournament will feature a two-man scramble format and ladies double peoria. ***(Roselyn B. Monroyo)***

ROSELYN B. MONROYO
McDonald's Saipan and Guam owner/operator Marcia Ayuyu, fifth left, presents the ceremonial check to Rotary Club of Saipan members and officials led by president Sonya Dancoe, third left, for the hole-in-one prize in the Rotary Club of Saipan's Goodwill Golf Tournament that will be held this Saturday at the Laolao Bay Golf & Resort.

Lakers picked good time for winning streak over Heat

PAGE 17

Saipan Tribune
Sports

Newton tests positive; Pats-Chiefs game off

PAGE 18

Satur, Tenorio stand out

ROSELYN B. MONROYO
Angel Demapan, center, presents the first place prize to Tony Satur, left, and Dung Tenorio during the awards ceremony for the #WeBelieve Golf Tournament.

ROSELYN B. MONROYO
Jonah Delos Reyes, left, lines up a putt, while Juan Diaz watches his ball roll in one of holes on the west course of the Laolao Bay Golf & Resort during the #WeBelieve Golf Tournament last Saturday.

By ROSELYN B. MONROYO
roselyn_monroyo@saipantribune.com
REPORTER

The tried-and-tested pair of Tony Satur and Dung Tenorio ruled the #WeBelieve Golf Tournament held on the west course of the Laolao Bay Golf & Resort last Saturday.

Satur and Tenorio, who had teamed up in several golf competitions in the past and had their share of victories, triumphed anew in the Angel Demapan-organized event after firing a 9-under par 63. The winning duo highlighted its impressive showing in the 2-man best ball event with a 6-under par 30 on the back nine, built around six birdies (holes No. 11, 12, 13, 15, 16, and 18) and three pars (hole Nos. 10, 14, and 17).

The champion pair had a near flawless game, as it bogeyed only one hole—the par-3, 155-yard No. 7. Satur and Tenorio made up for the bogey by saving par in the last two holes on the front nine—both par-4s (371-yard No. 8 and 346-yard No. 9) and still finished with an under par (3 under) as they earlier birdied the par-4, 372-yard hole No. 1; par-5, 477-yard No. 2; par-5, 447-yard No. 5; and par-4, 355-yard No. 6.

Tenorio and Satur's 3-under par 33 in the first nine holes put them in third place behind Paul Kaipat and Franco Santos (5-under 31) and Rep. Marco Peter (R-Saipan) and J.J. Atalig (4-under 32) before leaping to first with an even better game in the last nine holes. Santos and Kaipat settled for the runner-up honors in the low gross category after carding a 3-under 33 on the back for an 8-un-

See SATUR on Page 19

Feger to introduce Rocball in Argentina

Rocball founder James Feger will be introducing the sport to Argentina via online session on Oct. 8.

Feger said he will have a 7am (Saipan time) presentation to Argentina's Codasport, a group that features alternative sports in the Latin American country. Feger added that after Argentina, he will reach out to Pakistan and will also hold an online session later this month. The Rocball founder is pleased with the growth of the sport that originated here.

"Rocball is being played on the national level in India, Pakistan, and Bangladesh. Rocball is also a registered sport in Egypt, Morocco, Nepal, Bhutan, Sri Lanka, Argentina, Spain, Kenya, Tanzania, Liberia, and Spain. And, of course here on Saipan, we

See FEGER on Page 19

James Feger officiates a Rocball game at the Marianas High School Gymnasium. CONTRIBUTED PHOTO

Troubleshooting your fitness and the case for circuit

AskDRE:

By DRE DELOS SANTOS
Special to the Saipan Tribune

Dre Delos Santos writes about fitness and nutrition for Saipan Tribune *and* TAGA Sports. *He is a personal trainer at Gold's Gym. He is featured on fitness sites such as Weight Watchers, T-Nation, and STACK.*

Q: What seems to be the biggest obstacle to navigate when you're working with people whose primary goal is to look better?

A: Circumstances vary from one person to the next, so it's hard to say which variable generally weighs people down the most. For some folks, they view exercise as a chore, whereas others scoff at the concept of dieting. Very simply, everyone is different.

Personally, taking into account every detail that has a measurable impact on your goals, and most of all, long-term adherence, the environmental factor is a tough barrier to navigate. For instance, when your circle of friends habitually invites you out for dinner and drinks, it's hard to resist. Licks, bites, and tastes usually get out of hand.

Look, I'm not saying you have to be a robot. There's nothing wrong with being social. But at the same time you have to draw the line somewhere if you want to make headway.

Q: Is circuit training more effective than traditional strength training? I feel like I get much more done when I do circuits and supersets.

A: This is a big insight I want everyone, including and especially women, to take in: anything sensible works.

As long as it's practical and you understand the importance of progressive overload, it'll move the needle. If you enjoy hopping from one exercise to the next deliberately gassing yourself out, who am I to tell you that you should stop training that way. That may not be my cup of tea, but that's neither here nor there.

Whether or not it will lead to markedly better results, now that's context-dependent. At the end of the day you're doing something. And that's infinitely better than inactivity.